



MONTHLY REPORT
NOV. 2020

INDEX

S.NO	Activity	Status
2.	Activity initiated	<ol style="list-style-type: none">1) NDTV2) HT Healthshots3) Hindustan Times4) The Times of India – Times Life5) Economic Times6) Daily Guardian7) Her Zindagi8) iDiva (Times Group)9) The New Indian Express10) Asianet11) Times Now12) Businessworld13) Only My Health (Jagran Group)14) ANI15) Pinkvilla

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S.NO	Activity	Status
3.	Activities in pipeline	<ol style="list-style-type: none">1) The Sunday Standard2) HT Healthshots3) Times of India4) iDiva5) Pioneer6) Her Zindagi7) Pinkvilla8) Only My Health9) E-health10) Hindustan Times

Activity	Publication	Headline/Link	Circulation/ Unique page views per day
Authored Article	HT Health shots	https://www.healthshots.com/fitness/weight-loss/preity-zinta-reveals-the-core-strengthening-move-you-need-for-a-flat-tummy/	456,540
Authored Article	Asianet	https://newsable.asianetnews.com/gallery/lifestyle/grand-master-akshar-shares-yoga-asanas-for-winters-syt-qj87te	8,496,180
Authored Article	HT Health shots	https://www.healthshots.com/fitness/weight-loss/yoga-for-weight-loss-try-crow-pose-to-tone-your-arms-and-legs/	456,540
Authored Article	Timesnow	https://www.timesnownews.com/health/article/weekend-special-5-yoga-asanas-to-avoid-gaining-belly-fat-during-festivities/678894	12,005,520

Activity	Publication	Headline/Link	Circulation/ Unique page views per day
Authored Article	NDTV	https://www.ndtv.com/health/how-to-stay-fit-during-the-festive-season-try-these-yoga-poses-to-prevent-weight-gain-2322405	81,032,520
Authored Article	HT Health shots	https://www.healthshots.com/preventive-care/reproductive-care/yoga-for-pregnancy-7-safe-poses-to-practice/	456,540
Authored Article	HT Health shots	https://www.healthshots.com/fitness/staying-fit/yoga-for-lungs-these-asanas-can-help-your-lungs-fight-air-pollution/	456,540
Authored Article	HT Health shots	https://www.healthshots.com/fitness/staying-fit/yoga-for-lungs-these-asanas-can-help-your-lungs-fight-air-pollution	456,540

Activity	Publication	Headline/Link	Circulation/ Unique page views per day
Authored Article	Only my Health	https://www.onlymyhealth.com/effective-tips-and-yoga-poses-to-avoid-premature-delivery-by-yoga-master-akshar-1605184415	8,36,190
Authored Article	Srt News	https://srtnews.in/how-to-stay-fit-during-the-festive-season-try-these-yoga-poses-to-prevent-weight-gain/	26,520
Authored Article	Latest News	https://ouruttarakhand.in/how-to-stay-fit-during-the-festive-season-try-these-yoga-poses-to-prevent-weight-gain/	14,015
Authored Article	Newz Hub	https://newzzhub.com/how-to-stay-fit-during-the-festive-season-try-these-yoga-poses-to-prevent-weight-gain/	180,675

Activity	Publication	Headline/Link	Circulation/ Unique page views per day
Authored Article	Just Dial	https://www.justdial.com/JdSocial/news/Latest-generic/How-To-Stay-Fit-During-The-Festive-Season-Try-These-Yoga-Poses-To-Prevent-Weight-Gain/1604845861550000?dl=1	57,286,830
Authored Article	News Dig	https://newsdig.in/news/2322405/How-To-Stay-Fit-During-The-Festive-Season-Try-These-Yoga-Poses-To-Prevent-Weight-Gain	60,930
Authored Article	News Bust	https://newsbust.in/how-to-keep-healthy-and-fit-during-festive-season-weight-gain-will-not-increase-just-do-this-easy-yoga/	107,940
Authored Article	Flipboard	https://flipboard.com/@flip_india/the-daily-edition-india-9cetuivhz/how-to-stay-fit-during-the-festive-season-try-these-yoga-poses-to-prevent-weigh/a-DmtJdZZSQm2psM424dGKZQ%3Aa%3A106586776-ba89ba0126%2Fndtv.com	4,280,340

Activity	Publication	Headline/Link	Circulation/ Unique page views per day
Authored Article	Medisense Health	https://www.medisensehealth.com/view-more/Sitting-for-long-hours-is-setting-you-up-for-heart-risks-diabetes-stress-and-back-problems-heres-how/view-more/Here-Is-How-Yoga-Keeps-Your-Heart-Healthy/1601470186	223,015
Authored Article	HT Health shots	https://www.healthshots.com/preventive-care/reproductive-care/yoga-for-menopause-8-easy-asanas-menopausal-women-can-do/	456,540
Authored Article	ANI	https://aninews.in/news/health/enhance-the-joy-of-diwali-by-taking-precautions-for-health20201113131023/	1,659,690
Authored Article	Only MY Health	https://www.onlymyhealth.com/gastropare-sis-this-might-be-the-reason-you-are-experiencing-nausea-and-pain-1548331094	836,190

Activity	Publication	Headline/Link	Circulation/ Unique page views per day
Authored Article	Business world	http://www.businessworld.in/article/Enhance-the-joy-of-Diwali-by-taking-precautions-for-health/13-11-2020-342367/	2,079,300
Authored Article	Devdiscourse	https://www.devdiscourse.com/article/health/1307014-enhance-the-joy-of-diwali-by-taking-precautions-for-health	2,005,740
Authored Article	Yahoo.com	https://in.news.yahoo.com/enhance-joy-diwali-taking-precautions-074413845.html	2,511,583,410
Authored Article	Big News Network	https://www.bignewsnetwork.com/news/266970383/enhance-the-joy-of-diwali-by-taking-precautions-for-health	362,700

Activity	Publication	Headline/Link	Circulation/ Unique page views per day
Authored Article	Her Zindagi	https://www.herzindagi.com/diet-nutrition/world-diabetes-day-2020-best-himalayan-herbs-for-diabetes-expert-article-166767	804,600
Authored Article	Her Zindagi	https://www.herzindagi.com/fitness/yoga-poses-to-deal-with-premature-birth-care-post-pregnancy-article-166739	804,600
Authored Article	Times now	https://www.timesnownews.com/health/article/try-these-5-yoga-poses-to-help-manage-blood-sugar-levels/682014	12,005,520
Authored Article	NDTV	https://doctor.ndtv.com/hindi/diabetes/yoga-for-diabetes-control-start-these-effective-yogas-from-today-to-manage-blood-sugar-level-exercise-to-control-diabetes-naturally-2326452	81,032,520

Activity	Publication	Headline/Link	Circulation/ Unique page views per day
Authored Article	HT Health shots	https://www.healthshots.com/fitness/staying-fit/4-yoga-poses-for-instant-relief-from-sinus/	456,540
Authored Article	NDTV	https://khabar.ndtv.com/news/health/how-to-keep-healthy-and-fit-during-festive-season-weight-gain-will-not-increase-just-do-this-easy-yoga-2322874	81,032,520
Authored Article	Hindustan Times	https://www.hindustantimes.com/health/don-t-let-sinus-become-the-pain-in-your-nose-try-these-4-yoga-poses-for-instant-relief/story-x0E5XAQXSqmNr3xuZysHiO.html	36,222,120
Authored Article	Hindustan Times	https://www.hindustantimes.com/health/5-yoga-stretches-to-help-mommies-to-get-rid-of-severe-backache/story-mn42zOfRNqID3kb75qBpPN.html	36,222,120

Activity	Publication	Headline/Link	Circulation/ Unique page views per day
Authored Article	HT health shots	https://www.healthshots.com/preventive-care/reproductive-care/5-yoga-stretches-to-help-mommies-to-be-get-rid-of-severe-backache/	456,540
Authored Article	Be Tranced	https://www.betranced.com/heres-how-our-body-reacts-to-meditation-explains-grand-master-akshar/	105,850
Authored Article	Times Now	https://www.timesnownews.com/health/article/5-yoga-poses-meditation-and-breathing-techniques-that-will-help-you-detox-post-the-festive-season/685003	12,005,520
Authored Article	Her Zindagi	https://www.herzindagi.com/advice/get-rid-of-tea-coffee-cravings-alcohol-nicotine-2-minute-meditation-tips-expert-article-167143	804,600

Activity	Publication	Headline/Link	Circulation/Unique page views per day
Authored Article	HT Health shots	https://www.healthshots.com/preventive-care/reproductive-care/had-a-preterm-delivery-here-are-some-tips-from-a-yoga-expert-to-help-you-heal/	456,540
Authored Article	MSN	https://www.msn.com/en-in/health/health-news/had-a-preterm-delivery-here-are-some-tips-from-a-yoga-expert-to-help-you-heal/ar-BB1bhrfE	522,311,970
Authored Article	Flipboard	https://flipboard.com/article/here-s-how-our-body-reacts-to-meditation-explains-grand-master-akshar/a-3zCELL4qQb68fsC7VcF_tA%3Aa%3A29578601-4fd5471110%2Fpinkvilla.com	4,280,340
Authored Article	Pinkvilla	https://www.pinkvilla.com/lifestyle/health-fitness/heres-how-our-body-reacts-meditation-explains-grand-master-akshar-576899	3,000,300

Activity	Publication	Headline/Link	Circulation/ Unique page views per day
Authored Article	Pinkvilla	pinkvilla.com/lifestyle/health-fitness/heres-how-our-body-reacts-meditation-explains-grand-master-akshar-576899	3,000,300
Authored Article	iDiva	https://www.idiva.com/hindi/yoga/how-to-do-halasana-process-and-its-benefits-in-hindi/18015175	955,890
Authored Article	The Daily Guardian	https://theguardian.com/yoga/meditation-for-the-stressed-mind/	393,900
Authored Article	iDiva	https://www.idiva.com/hindi/yoga/yoga-poses-to-avoid-premature-labour-in-hindi/18015130	955,890

Activity	Publication	Headline/Link	Circulation/ Unique page views per day
Authored Article	HT Health shots	https://www.healthshots.com/fitness/staying-fit/try-these-5-yoga-poses-to-boost-your-energy/	456,540
Authored Article	HT Health shots	https://www.healthshots.com/fitness/staying-fit/yoga-for-lungs-these-asanas-can-help-your-lungs-fight-air-pollution/	456,540
Authored Article	HT Health shots	https://www.healthshots.com/preventive-care/self-care/this-2-minute-meditation-technique-can-help-you-overcome-addiction/	456,540
Authored Article	iDiva	https://www.idiva.com/hindi/yoga/how-to-do-bound-angle-pose-and-what-are-its-benefits-in-hindi/18015327	955,890

Activity	Publication	Headline/Link	Circulation/ Unique page views per day
Authored Article	iDiva	https://www.idiva.com/hindi/yoga/how-to-do-bridge-pose-and-what-are-its-benefits-in-hindi/18015289	955,890
Authored Article	Pinkvilla	https://www.pinkvilla.com/lifestyle/health-fitness/5-yoga-poses-achieve-flexible-body-and-mobility-grand-master-akshar-578210	3,000,300
Authored Article	MSN	https://www.msn.com/en-in/health/health-news/dealing-with-cranky-parents-help-them-relax-with-these-5-yoga-poses/ar-BB1btFGf?li=AAggbRN	522,311,970
Authored Article	iDiva	https://www.idiva.com/hindi/yoga/how-to-do-child-pose-and-its-benefits-in-hindi/18015243	955,890

Activity	Publication	Headline/Link	Circulation/ Unique page views per day
Authored Article	HT Healthshots	https://www.healthshots.com/preventive-care/family-care/dealing-with-cranky-parents-help-them-relax-with-these-5-yoga-poses/	456,540
Authored Article	Her Zindagi	https://www.herzindagi.com/fitness/body-signals-to-decode-that-it-is-time-for-yoga-routine-article-167661	804,600
Authored Article	The Wise Gender	https://thewisegender.com/entertainment/heres-how-yoga-is-beneficial-to-reduce-stress-and-increase-mindfulness/	106,945
Authored Article	Only my health	https://www.onlymyhealth.com/is-sirsasana-or-headstand-yoga-pose-safe-during-pregnancy-in-hindi-1606919231	836,190

Activity	Publication	Headline/Link	Circulation/ Unique page views per day
Authored Article	Pinkvilla	https://www.pinkvilla.com/lifestyle/health-fitness/here-s-how-yoga-beneficial-reduce-stress-and-increase-mindfulness-578948	3,000,300
Authored Article	Health care	https://silvershielding.com/index.php/2020/12/02/heres-how-yoga-is-beneficial-to-reduce-stress-and-increase-mindfulness/	59,860
Authored Article	Pinkvilla	https://www.pinkvilla.com/lifestyle/health-fitness/4-yoga-asanas-take-care-your-knees-and-relieve-joint-pain-old-age-579206	3,000,300
Authored Article	iRash news	https://irashnews.com/4-yoga-asanas-to-take-care-of-your-knees-and-relieve-joint-pain-in-old-age/	18,520

Activity	Publication	Headline/Link	Circulation/ Unique page views per day
Authored Article	MSN	https://www.msn.com/en-in/lifestyle/topstories/grand-master-akshar-shares-2-minute-meditation-tips-to-reduce-your-nicotine-craving/amp/ar-BB1bBwny	522,311,970
Authored Article	Modern Breeze	https://modernbreeze.in/grand-master-akshar-shares-2-minute-meditation-tips-to-reduce-your-nicotine-craving/	345,290
Authored Article	World News19	https://worldnews19.com/these-active-yoga-asanas-can-help-relieve-depression-during-pregnancy-explains-yoga-master-akshar/?feed_id=85106&unique_id=5fca01c37bd96	13,560
Authored Article	MSN	https://www.msn.com/en-in/lifestyle/topstories/these-active-yoga-asanas-can-help-relieve-depression-during-pregnancy-explains-yoga-master-akshar/amp/ar-BB1bCWv8	522,311,970

Activity	Publication	Headline/Link	Circulation/ Unique page views per day
Authored Article	Pinkvilla	https://www.pinkvilla.com/lifestyle/health-fitness/here-s-why-strict-yoga-routine-highly-essential-overall-wellbeing-580044	3,000,300
Authored Article	Pinkvilla	https://www.pinkvilla.com/lifestyle/people/these-active-yoga-asanas-can-help-relieve-depression-during-pregnancy-explains-yoga-master-akshar-579846	3,000,300
Authored Article	HT Health shots	https://www.healthshots.com/fitness/muscle-gain/the-king-cobra-pose-is-all-you-need-to-embrace-for-a-tight-and-firm-body/	456,540
yoga-asanas-for-stronger-immunity (Video)	E-times	https://m.facebook.com/story.php?story_fbid=3040252512744019&id=126876904081609	4,866,011,370

Activity	Publication	Headline/Link	Circulation/ Unique page views per day
yoga-asanas-for-stronger-immunity (Video)	TOI	https://m.timesofindia.com/videos/lifestyle/health-fitness/quick-yoga-asanas-for-stronger-immunity/videoshow/79682658.cms	1,029,210
yoga-asanas-for-stronger-immunity (Video)	E-times	https://www.instagram.com/tv/ClkErLKhU1M/?igshid=12ulgcsi6qw74	1,214,203,050
yoga-asanas-for-stronger-immunity (Video)	TOI	https://m.facebook.com/story.php?story_fbid=10159327649677139&id=26781952138	4,866,011,370
yoga-asanas-for-stronger-immunity (Video)	Etimes Lifestyle Facebook	https://m.facebook.com/story.php?story_fbid=3040252512744019&id=126876904081609	4,866,011,370

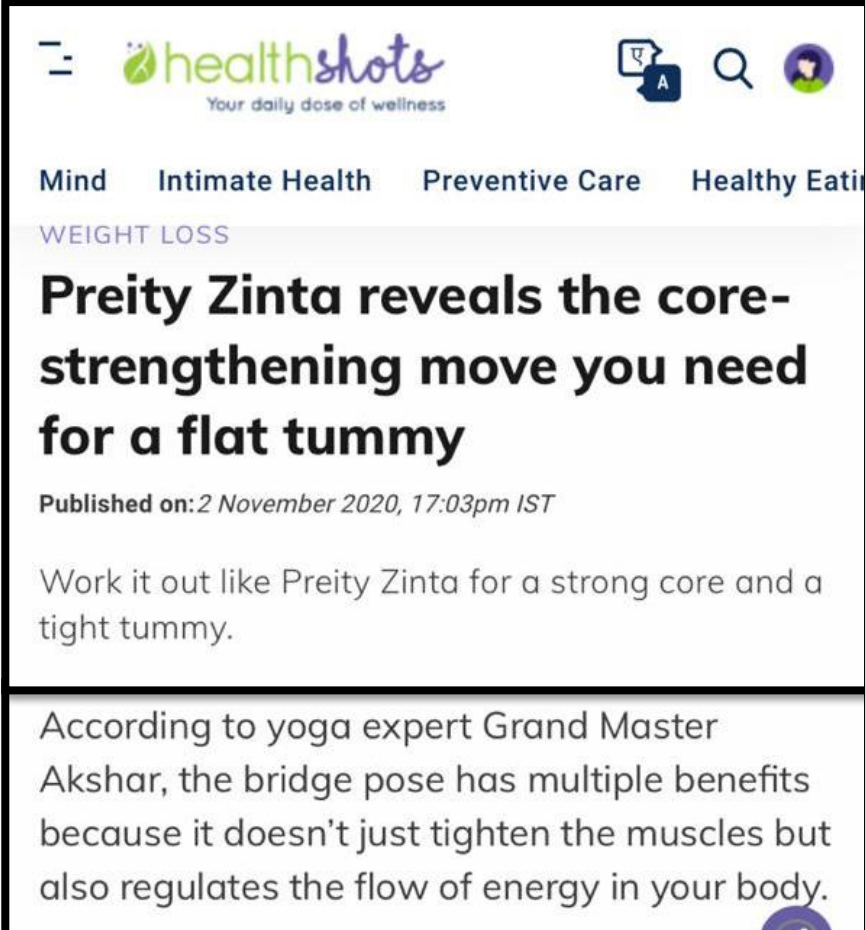
Activity	Publication	Headline/Link	Circulation/ Unique page views per day
Authored Article	Her Zindagi	https://www.herzindagi.com/fitness/meditation-tips-concentration-expert-yoga-asanas-discipline-article-167767	804,600
Authored Article	HT Health shots	https://www.healthshots.com/mind/mental-health/5-most-affordable-stress-relieving-therapies/	456,540
Authored Article	Only my health	https://www.onlymyhealth.com/5-yoga-poses-to-try-out-when-anxiety-strikes-1607666903	836,190
Authored Article	HT Healthshots	https://www.healthshots.com/mind/mental-health/these-5-yoga-asanas-can-help-you-manage-seizures-and-reduce-their-frequency/	456,540

Activity	Publication	Headline/Link	Circulation/ Unique page views per day
Authored Article	Newzzhub	https://newzzhub.com/how-to-stay-fit-during-the-festive-season-try-these-yoga-poses-to-prevent-weight-gain/	14,850
Authored Article	HerZindagi	https://www.herzindagi.com/fitness/body-signals-to-decode-that-it-is-time-for-yoga-routine-article-167661	804,600
Authored Article	Only My Health	https://www.onlymyhealth.com/effective-tips-and-yoga-poses-to-avoid-premature-delivery-by-yoga-master-akshar-1605184415	836,190
Authored Article	HT Health shots	https://www.healthshots.com/fitness/weight-loss/yoga-for-weight-loss-try-crow-pose-to-tone-your-arms-and-legs/	456,540

MEDIA COVERAGE



<https://www.healthshots.com/fitness/weight-loss/preity-zinta-reveals-the-core-strengthening-move-you-need-for-a-flat-tummy/>



The screenshot shows the Healthshots website interface. At the top, there is a navigation menu with categories: Mind, Intimate Health, Preventive Care, and Healthy Eating. Below the menu, the article title is prominently displayed in a large, bold, black font. The publication date and time are listed below the title. The main text of the article is visible, starting with a paragraph about working out like Preity Zinta for a strong core and a tight tummy. The article content is partially obscured by a black box at the bottom right of the screenshot.

healthshots
Your daily dose of wellness

Mind Intimate Health Preventive Care Healthy Eating

WEIGHT LOSS

Preity Zinta reveals the core-strengthening move you need for a flat tummy

Published on: 2 November 2020, 17:03pm IST

Work it out like Preity Zinta for a strong core and a tight tummy.

According to yoga expert Grand Master Akshar, the bridge pose has multiple benefits because it doesn't just tighten the muscles but also regulates the flow of energy in your body.



<https://newsable.asianetnews.com/gallery/lifestyle/grand-master-akshar-shares-yoga-asanas-for-winters-syt-qj87te>



asianet newsable

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English News > Lifestyle

Grand Master Akshar shares yoga asanas for winters

First Published 3, Nov 2020, 8:47 PM

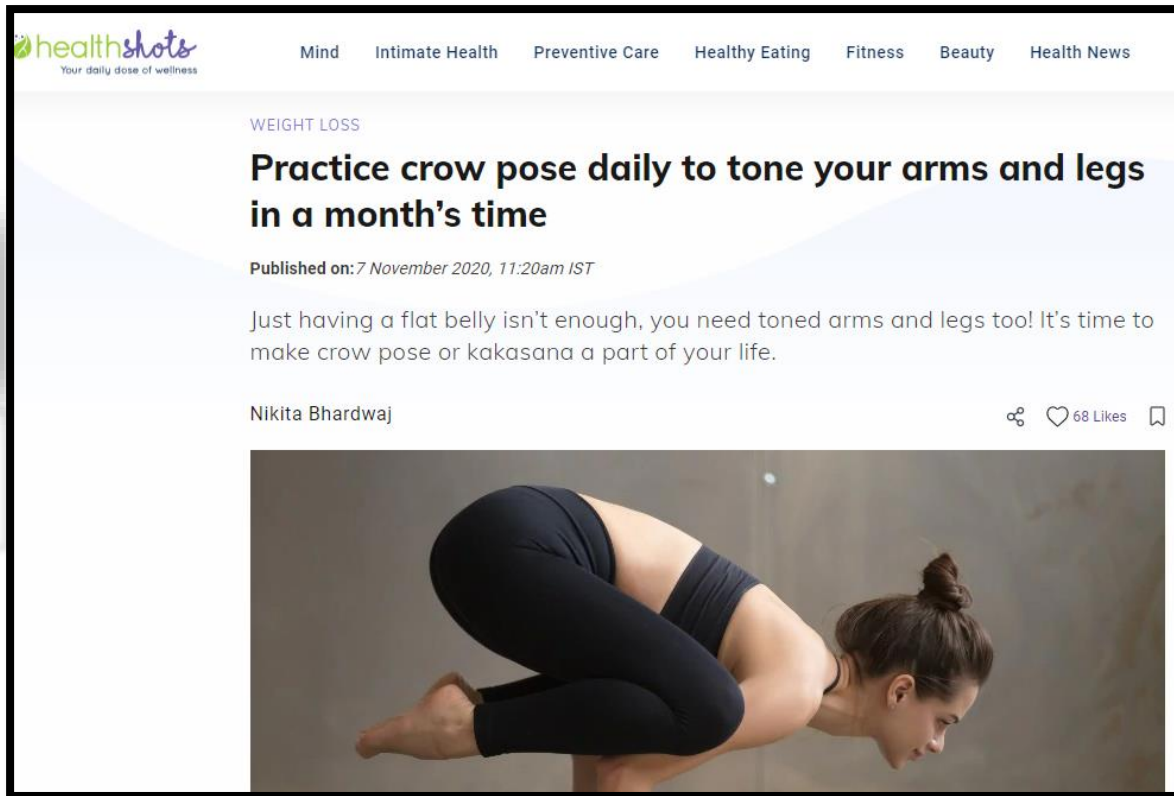
Grand Master Akshar is born in Himachal Pradesh and started his practice of yoga there.





<https://www.healthshots.com/fitness/weight-loss/yoga-for-weight-loss-try-crow-pose-to-tone-your-arms-and-legs/>



The screenshot shows a webpage from healthshots.com. At the top, there is a navigation menu with categories: Mind, Intimate Health, Preventive Care, Healthy Eating, Fitness, Beauty, and Health News. The article is categorized under 'WEIGHT LOSS'. The title is 'Practice crow pose daily to tone your arms and legs in a month's time'. It was published on 7 November 2020 at 11:20am IST. The author is Nikita Bhardwaj, and the article has 68 likes. The main image shows a woman in a black yoga outfit performing the Crow Pose (Kakasana).



<https://www.timesnownews.com/health/article/weekend-special-5-yoga-asanas-to-avoid-gaining-belly-fat-during-festivities/678894>

The screenshot shows the Times Now News website interface. At the top, there is a navigation bar with the Times Now logo, the website name 'TIMESNOWNEWS.COM', a 'LIVE TV' button, and a notification bell icon with '9+' unread notifications. Below the navigation bar is a category menu with buttons for 'Business', 'Education', 'India', 'Cities', 'Podcasts', and 'India O'. The main content area displays the article title 'Weekend special: 5 Yoga asanas to avoid gaining belly fat during festivities' under the breadcrumb 'News > Health >'. The author is identified as 'Grand Master Akshar | Yoga Master & Lifestyle Coach' and the article was updated on 'Nov 08, 2020 | 06:35 IST'.



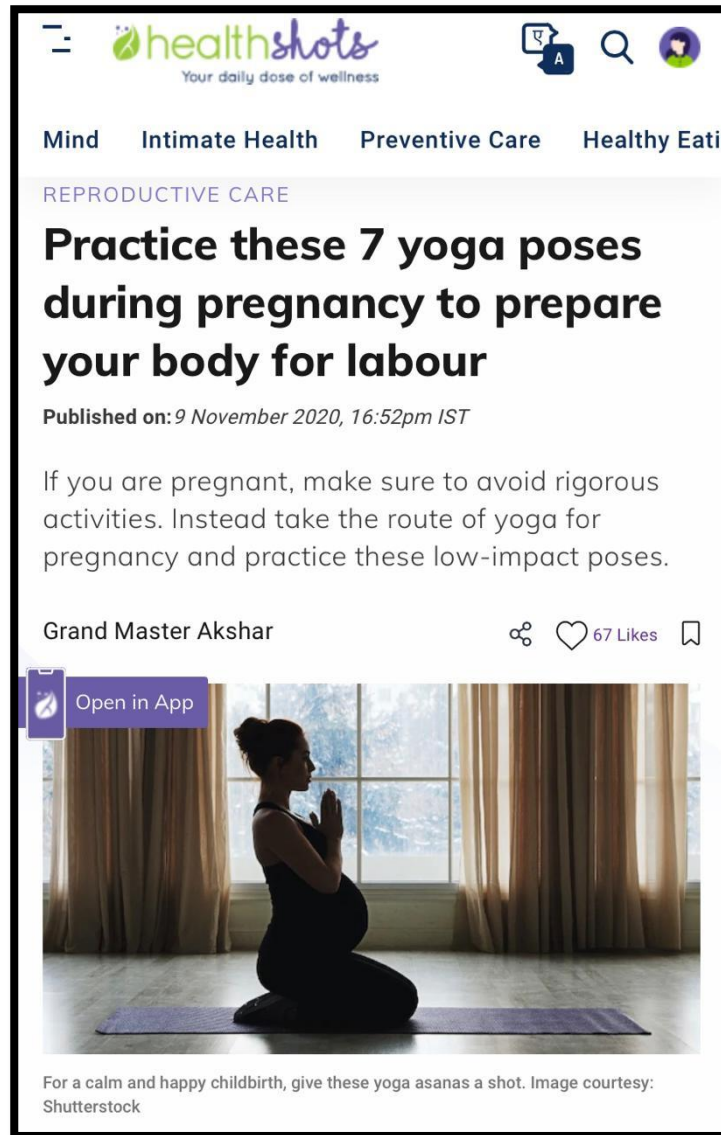
<https://www.ndtv.com/health/how-to-stay-fit-during-the-festive-season-try-these-yoga-poses-to-prevent-weight-gain-2322405>



The screenshot shows the NDTV website interface. At the top, there is a navigation bar with the NDTV logo and links for LIVE TV, CORONAVIRUS, LATEST, INDIA, VIDEO, OPINION, WORLD, CITIES, OFFBEAT, and TRENDS. Below the navigation bar, the breadcrumb trail reads: Home > Health > How To Stay Fit During The Festive Season? Try These Yoga Poses To Prevent Weight Gain. There is a 'READ IN OTHER LANGUAGES' dropdown menu. The main headline is 'How To Stay Fit During The Festive Season? Try These Yoga Poses To Prevent Weight Gain'. The introductory text states: 'You are likely to consume more calories during the festive season. Regular exercise and healthy eating practices can help you maintain a healthy weight. Here are some yoga poses you must try to stay fit during the festivals.' At the bottom left of the article content, there is a small navigation arrow and the text: 'Health | Grand Master Akshar | Updated: November 08, 2020 7:53 pm IST'.



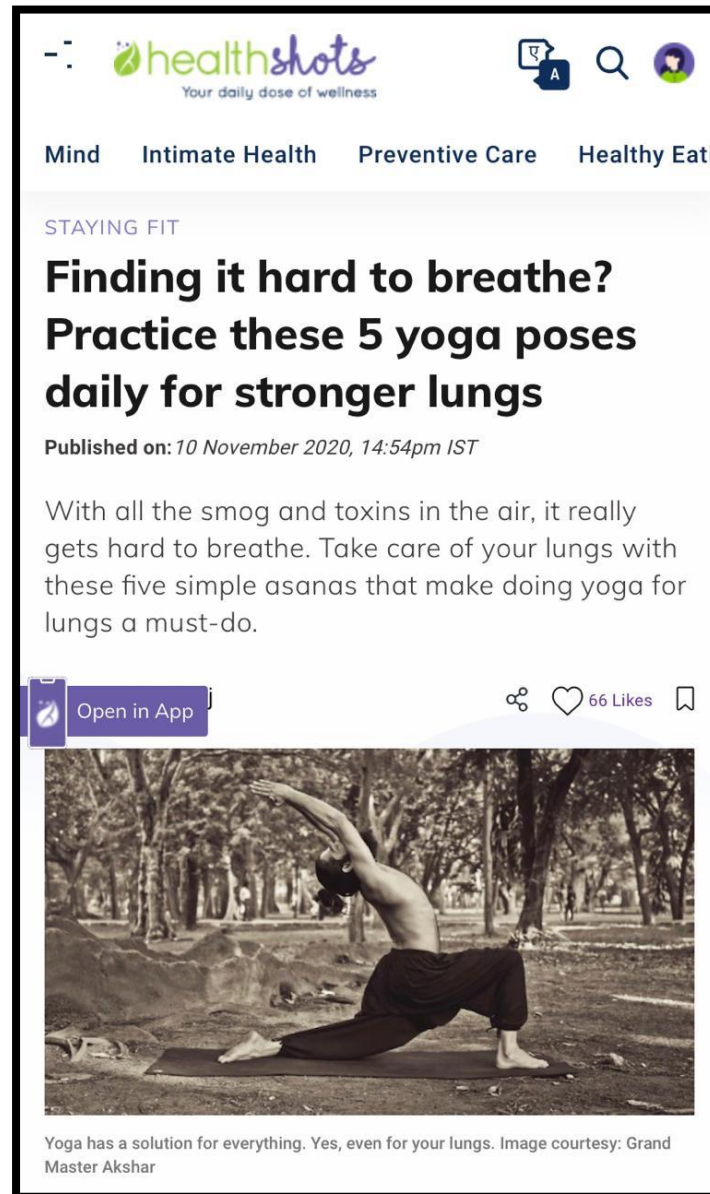
<https://www.healthshots.com/preventive-care/reproductive-care/yoga-for-pregnancy-7-safe-poses-to-practice/>



The screenshot shows a mobile app interface for 'healthshots'. At the top, the logo and tagline 'Your daily dose of wellness' are visible. Below the logo, there are navigation tabs for 'Mind', 'Intimate Health', 'Preventive Care', and 'Healthy Eating'. The article is categorized under 'REPRODUCTIVE CARE'. The main title is 'Practice these 7 yoga poses during pregnancy to prepare your body for labour'. The publication date is '9 November 2020, 16:52pm IST'. The text of the article reads: 'If you are pregnant, make sure to avoid rigorous activities. Instead take the route of yoga for pregnancy and practice these low-impact poses.' Below the text, the author is listed as 'Grand Master Akshar' with 67 likes. There is an 'Open in App' button and a photo of a pregnant woman in a yoga pose (Padmasana) in a room with large windows. At the bottom of the photo, it says 'For a calm and happy childbirth, give these yoga asanas a shot. Image courtesy: Shutterstock'.



<https://www.healthshots.com/fitness/staying-fit/yoga-for-lungs-these-asanas-can-help-your-lungs-fight-air-pollution/>



The screenshot shows a mobile app interface for 'healthshots'. At the top, the logo 'healthshots' is displayed with the tagline 'Your daily dose of wellness'. Below the logo are navigation tabs for 'Mind', 'Intimate Health', 'Preventive Care', and 'Healthy Eating'. The main content area features a category 'STAYING FIT' and a headline: 'Finding it hard to breathe? Practice these 5 yoga poses daily for stronger lungs'. The article is dated 'Published on: 10 November 2020, 14:54pm IST'. The text reads: 'With all the smog and toxins in the air, it really gets hard to breathe. Take care of your lungs with these five simple asanas that make doing yoga for lungs a must-do.' Below the text is a photo of a man performing a yoga pose (Urdhva Dhanurasana) in a park. The photo is accompanied by a caption: 'Yoga has a solution for everything. Yes, even for your lungs. Image courtesy: Grand Master Akshar'. At the bottom of the screenshot, there is an 'Open in App' button and social media icons for sharing, liking (66 Likes), and bookmarking.



<https://www.healthshots.com/fitness/staying-fit/yoga-for-lungs-these-asanas-can-help-your-lungs-fight-air-pollution>

The screenshot shows the Healthshots mobile app interface. At the top, there is a navigation bar with the Healthshots logo and tagline 'Your daily dose of wellness'. Below the logo are icons for a menu, a search bar, and a user profile. The main content area features a horizontal menu with categories: 'Mind', 'Intimate Health', 'Preventive Care', and 'Healthy Eating'. Below this menu, the article title is displayed: 'STAYING FIT' followed by 'Finding it hard to breathe? Practice these 5 yoga poses daily for stronger lungs'.






<https://www.onlymyhealth.com/effective-tips-and-yoga-poses-to-avoid-premature-delivery-by-yoga-master-akshar-1605184415>

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Health / Health Diseases / **Women's Health**

Effective Tips And 4 Yoga Poses To Avoid Premature Delivery By Yoga Master Akshar

Updated at: Nov 15, 2020

Onlymyhealth

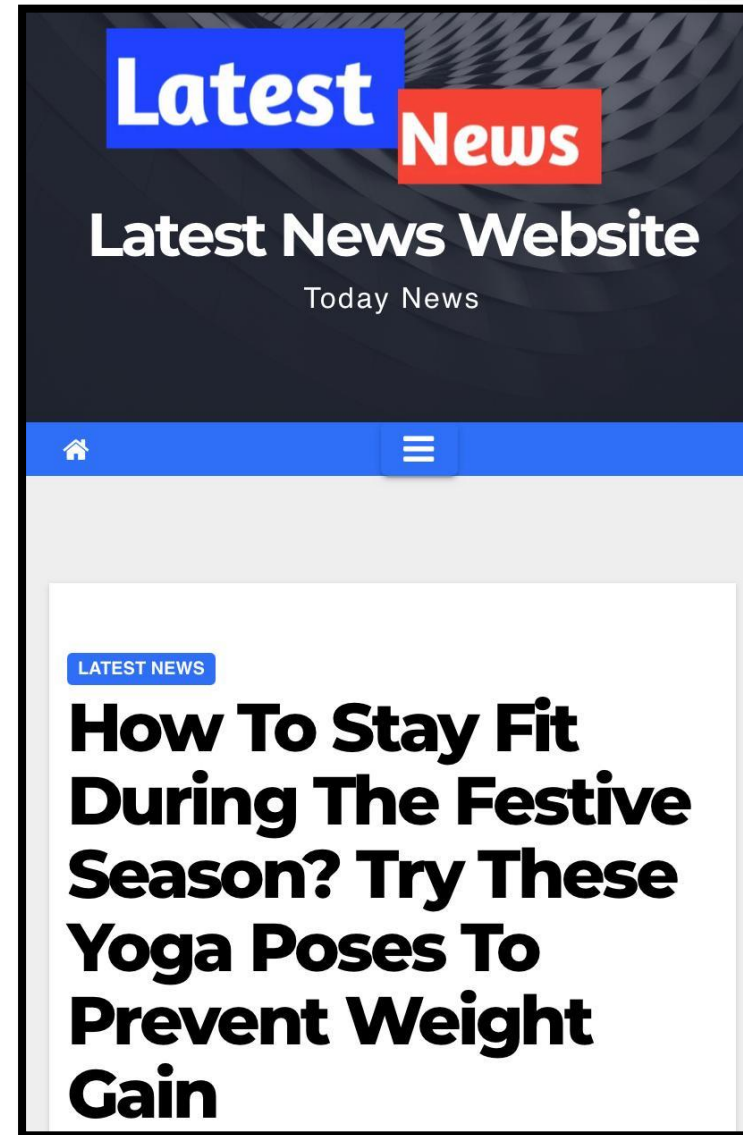


<https://srtnews.in/how-to-stay-fit-during-the-festive-season-try-these-yoga-poses-to-prevent-weight-gain/>





<https://ouruttarakhand.in/how-to-stay-fit-during-the-festive-season-try-these-yoga-poses-to-prevent-weight-gain/>





<https://newzzhub.com/how-to-stay-fit-during-the-festive-season-try-these-yoga-poses-to-prevent-weight-gain/>



Jd | Social

<https://www.justdial.com/JdSocial/news/Latest-generic/How-To-Stay-Fit-During-The-Festive-Season-Try-These-Yoga-Poses-To-Prevent-Weight-Gain/1604845861550000?dl=1>

Jd | Social Search News

News > How To Stay Fit During The Festive Season? Try These Yoga Poses To Prevent Weight Gain




Image credit: istockphoto.com/dicairn

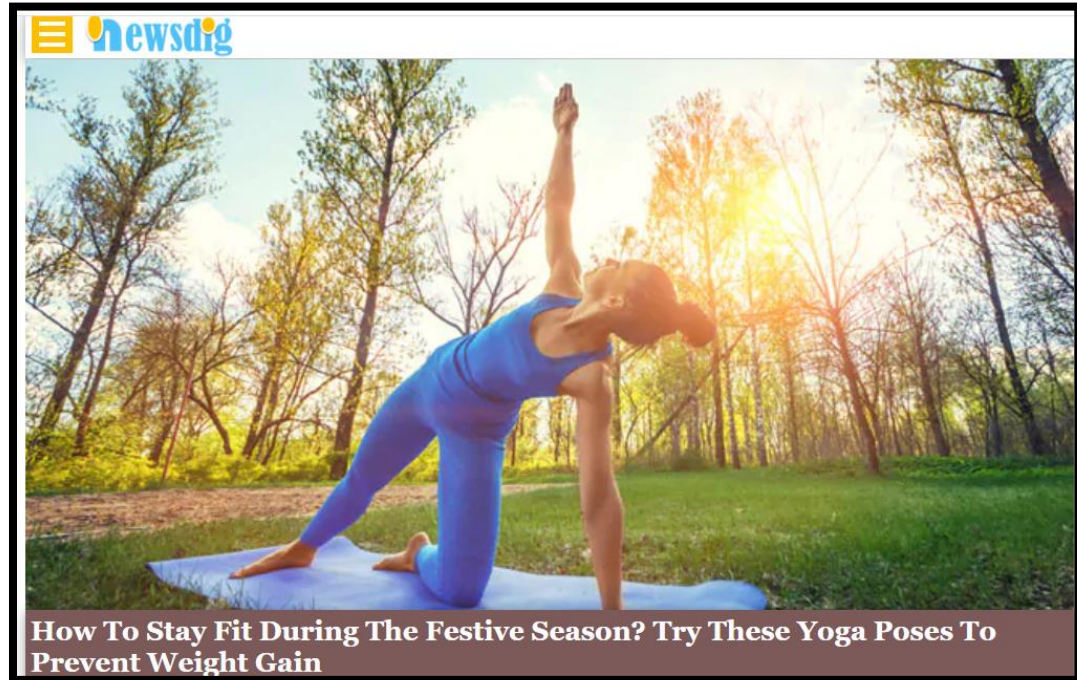
Latest
Nov 08, 2020, 07:54 PM

NDTV

How To Stay Fit During The Festive Season? Try These Yoga Poses To Prevent Weight Gain





<https://newsdig.in/news/2322405/How-To-Stay-Fit-During-The-Festive-Season-Try-These-Yoga-Poses-To-Prevent-Weight-Gain>





https://flipboard.com/@flip_india/the-daily-edition-india-9cetuivhz/how-to-stay-fit-during-the-festive-season-try-these-yoga-poses-to-prevent-weight-gain-DmtJdZZSQm2psM424dGKZQ%3Aa%3A106586776-ba89ba0126%2Fndtv.com



 NDTV




Image credit: istockphoto.com/licsire

How To Stay Fit During The Festive Season? Try These Yoga Poses To Prevent Weight Gain

NDTV - Grand Master Akshar

The festival season is upon us, and we all know what this means. Celebrations bring plenty of joy, cheer and laughter along with your family and ...



<https://newsbust.in/how-to-keep-healthy-and-fit-during-festive-season-weight-gain-will-not-increase-just-do-this-easy-yoga/>



The screenshot shows the NewsBust website interface. At the top left is the NewsBust logo. A navigation bar contains links for Home, India, Business, Education, Health, Sports, Technology, Travel, and हिंदी. Below the navigation bar, the breadcrumb trail reads: Home > India > How To Keep Healthy And Fit During Festive Season? Weight gain... A small 'India' tag is present above the article title. The article title is 'How To Keep Healthy And Fit During Festive Season? Weight gain will not increase, just do this easy yoga'. The author is listed as 'By Shivani Kapoor - November 9, 2020'. To the right of the author information are icons for eye count (57) and comment count (0). Below the text are social media sharing icons for Facebook, Twitter, Pinterest, and LinkedIn. At the bottom of the article preview is a photograph of a person's hand in a yoga mudra (prayer position) against a background of trees and a bright sky.



<https://www.medisensehealth.com/view-more/Sitting-for-long-hours-is-setting-you-up-for-heart-risks-diabetes-stress-and-back-problems-heres-how/view-more/Here-Is-How-Yoga-Keeps-Your-Heart-Healthy/1601470186>

☰

Here Is How Yoga Keeps Your Heart Healthy!!

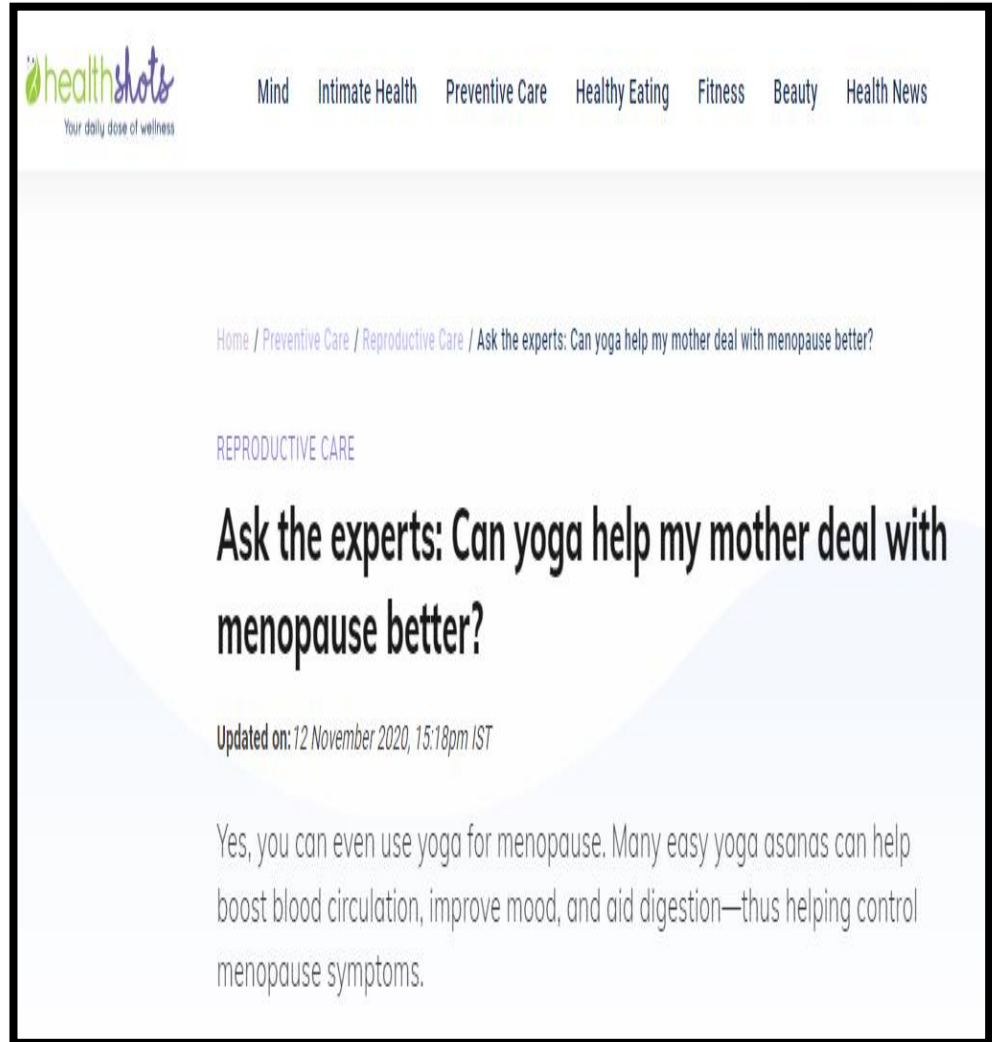
Medisense Team

👁️ 960 Views

According to World Health Organisation reports, 31 per cent of the total deaths worldwide are due to cardiovascular diseases (CVDs). It is extremely essential to take care of one's heart to lead a healthy lifestyle. Among various other factors like food and lifestyle, stress is one of the biggest reasons for affecting one's heart health. Let's take a look at how yoga and spirituality together can work as the best tools to help mitigate undue stress and worry from



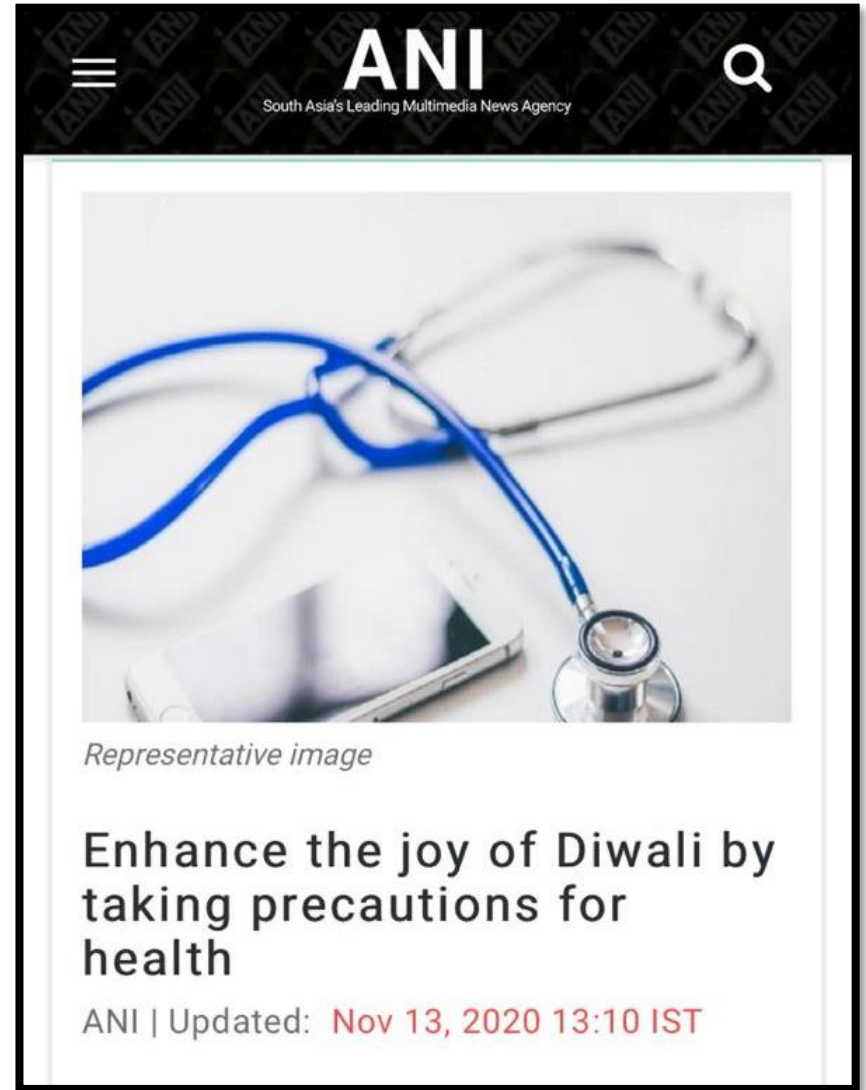
<https://www.healthshots.com/preventive-care/reproductive-care/yoga-for-menopause-8-easy-asanas-menopausal-women-can-do/>



The screenshot shows the Healthshots website interface. At the top left is the Healthshots logo with the tagline 'Your daily dose of wellness'. To the right is a navigation menu with links for 'Mind', 'Intimate Health', 'Preventive Care', 'Healthy Eating', 'Fitness', 'Beauty', and 'Health News'. Below the navigation is a breadcrumb trail: 'Home / Preventive Care / Reproductive Care / Ask the experts: Can yoga help my mother deal with menopause better?'. The main heading is 'REPRODUCTIVE CARE' followed by the article title 'Ask the experts: Can yoga help my mother deal with menopause better?'. Below the title is the update date: 'Updated on: 12 November 2020, 15:18pm IST'. The article text begins with 'Yes, you can even use yoga for menopause. Many easy yoga asanas can help boost blood circulation, improve mood, and aid digestion—thus helping control menopause symptoms.'



<https://aninews.in/news/health/enhance-the-joy-of-diwali-by-taking-precautions-for-health20201113131023/>



The screenshot shows the ANI news website interface. At the top, there is a navigation bar with the ANI logo, the tagline 'South Asia's Leading Multimedia News Agency', and a search icon. Below the navigation bar is a large image of a stethoscope and a smartphone. Underneath the image is the text 'Representative image'. The main headline reads 'Enhance the joy of Diwali by taking precautions for health'. Below the headline, it says 'ANI | Updated: Nov 13, 2020 13:10 IST'.



<https://www.onlymyhealth.com/gastroparesis-this-might-be-the-reason-you-are-experiencing-nausea-and-pain-1548331094>

☰ Onlymyhealth हिंदी FOLLOW US ▶ 🔍

Health / Health Diseases / Other Diseases

Gastroparesis? This Might be the Reason you are Experiencing Nausea and Pain

Updated at: Nov 13, 2020



Facebook, Twitter, WhatsApp icons

Onlymyhealth

Gastroparesis is a condition in which the stomach stops functioning properly. This condition does not allow the food to pass through the stomach....

BW BUSINESSWORLD

December 13, 2020



[Home](#) [News](#) [Columns](#) [Interviews](#) [BW Community](#)

Enhance The Joy Of Diwali By Taking Precautions For Health



Enhance the joy of Diwali by taking precautions for health



Photo Credit :

13 November, 2020
by ANI

Print this article

Font size - 16 +

New [Delhi](#) [India], November 13 (ANI): On Diwali when people visit friends and exchange gifts, it is necessary to take a few precautions to stay safe from COVID-19 and enjoy good health. Doctors and other health professionals talk to

BW BUSINESSWORLD

<http://www.businessworld.in/article/Enhance-the-joy-of-Diwali-by-taking-precautions-for-health/13-11-2020-342367/>



<https://www.devdiscourse.com/article/health/1307014-enhance-the-joy-of-diwali-by-taking-precautions-for-health>

Home > News > Health > Article

Enhance the joy of Diwali by taking precautions for health

On Diwali when people visit friends and exchange gifts, it is necessary to take a few precautions to stay safe from COVID-19 and enjoy good health. Doctors and other health professionals talk to ANI about some guidelines on the precautions that should be taken.

ANI | New Delhi | Updated: 13-11-2020 13:16 IST | Created: 13-11-2020 13:16 IST

Representative image. Image Credit: ANI

yahoo!news

<https://in.news.yahoo.com/enhance-joy-diwali-taking-precautions-074413845.html>

< **yahoo!news**

yahoo!mail

**ORGANIZED
CUSTOMIZED
AWESOMIZED**

Enhance the joy of Diwali by taking precautions for health



ANI

13 November 2020 · 5-min read



Representative image



Enhance the joy of Diwali by taking precautions for health



<https://www.bignewsnetwork.com/news/266970383/enhance-the-joy-of-diwali-by-taking-precautions-for-health>

Her Zindagi


<https://www.herzindagi.com/diet-nutrition/world-diabetes-day-2020-best-himalayan-herbs-for-diabetes-expert-article-166767>

Her Zindagi हिन्दी

Home / Wellness / Diet & Nutrition

World Diabetes Day 2020: Best Himalayan Herbs To Fight Diabetes Suggested By Expert

Here are the two best Himalayan herbs which are great for controlling diabetes as per expert.





<https://www.herzindagi.com/fitness/yoga-poses-to-deal-with-premature-birth-care-post-pregnancy-article-166739>

The screenshot shows the top portion of a webpage. At the top left is the "Her Zindagi" logo. To the right are navigation icons for Hindi, a shopping cart, a search icon, and a menu icon. Below the logo is a breadcrumb trail: "Home / Wellness / Fitness". The main heading is "Had Premature Birth? Practice These Yoga Poses To Deal With It". Below the heading is a sub-headline: "Practice these yoga asanas and note down these tips if you have had premature birth." The image area features a woman in a white top practicing yoga in a sunlit setting, and an inset image of a newborn baby wearing a white cap and having a nasal cannula.



<https://www.timesnownews.com/health/article/try-these-5-yoga-poses-to-help-manage-blood-sugar-levels/682014>

The screenshot shows the Times Now News website interface. At the top left is the Times Now logo. To its right is the text 'TIMESNOWNEWS.COM'. Further right are icons for 'LIVE TV' and a notification bell with '9+'. Below these are navigation buttons for 'Business', 'Education', 'India', 'Cities', 'Podcasts', and 'India O'. The main content area shows a breadcrumb 'News > Health >' followed by the sub-headline 'Try these 5 yoga poses to help manage blood sugar levels'. The main headline is 'Try these 5 yoga poses to help manage blood sugar levels'. Below the headline is a profile picture of Grand Master Akshar, followed by his name and title 'Grand Master Akshar | Yoga Master & Lifestyle Coach', and the update date 'Updated Nov 15, 2020 | 08:50 IST'.

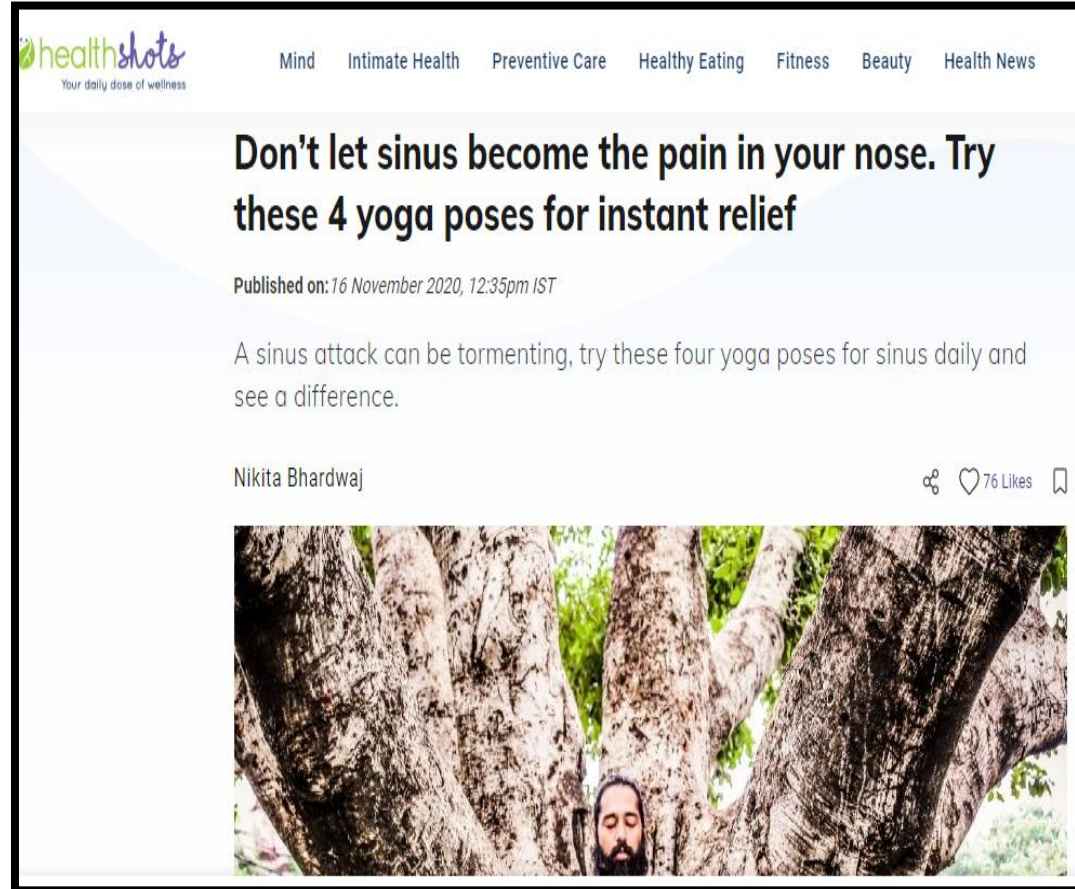


<https://doctor.ndtv.com/hindi/diabetes/yoga-for-diabetes-control-start-these-effective-yogas-from-today-to-manage-blood-sugar-level-exercise-to-control-diabetes-naturally-2326452>

A screenshot of a news article from DOCTOR NDTV. The article title is "Diabetes: Practice These Yoga Poses To Regulate Blood Sugar Levels". The text states: "Diabetes: Yoga is beneficial for your overall health. It can also help manage diabetes. Here are some yoga poses which can help manage this condition effectively." Below the text, there is a section for "हिंदी में पढ़ें" (Read in Hindi) and a byline: "By: Grand Master Akshar | Updated: Nov 16, 2020 09:14 IST | 3-Min Read". There are social media sharing icons for WhatsApp, Facebook, Email, Twitter, Reddit, Messenger, and Snapchat. Below the text is an image of a person using a glucometer to test their blood sugar. At the bottom of the image, it says "Image credit: istockphoto.com/Kwangmoozaa". Below the image, there is a caption: "Diabetes is a chronic condition which requires constant management of blood sugars." The DOCTOR NDTV logo is visible in the top left corner of the screenshot, and navigation options like "TRENDING" and "LATEST" are in the top right.



<https://www.healthshots.com/fitness/staying-fit/4-yoga-poses-for-instant-relief-from-sinus/>



healthshots
Your daily dose of wellness


Mind Intimate Health Preventive Care Healthy Eating Fitness Beauty Health News

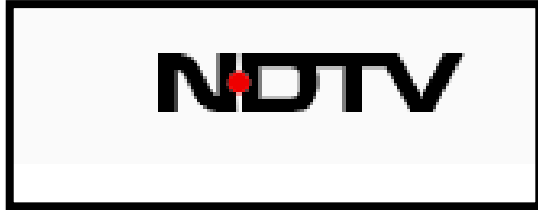
Don't let sinus become the pain in your nose. Try these 4 yoga poses for instant relief

Published on: 16 November 2020, 12:35pm IST

A sinus attack can be tormenting, try these four yoga poses for sinus daily and see a difference.

Nikita Bhardwaj 76 Likes





<https://khabar.ndtv.com/news/health/how-to-keep-healthy-and-fit-during-festive-season-weight-gain-will-not-increase-just-do-this-easy-yoga-2322874>

DOCTOR NDTV हिंदी
ट्रेडिंग ▼ ताजातरीन ▼
🔍

Yoga For Diabetes Control: ब्लड शुगर लेवल को मैनेज करने के लिए इन असरदार योगासनों का अभ्यास आज से ही शुरू कर दें!

Yoga For Diabetes: योग आपके संपूर्ण स्वास्थ्य के लिए फायदेमंद है. यह डायबिटी में ब्लड शुगर लेवल (Blood Sugar Level) को मैनेज करने में भी मदद कर सकता है. यहां कुछ योगासनों के बारे में बताया गया है जो इस स्थिति को प्रभावी ढंग से मैनेज करने में मदद कर सकते हैं..

Read in English

By: Grand Master Akshar | Updated: Nov 17, 2020 06:50 IST ⌚ 5-Min Read

0 SHARES



Image credit: istockphoto.com/Kwangmozzaa

 **Hindustan Times**

<https://www.hindustantimes.com/health/don-t-let-sinus-become-the-pain-in-your-nose-try-these-4-yoga-poses-for-instant-relief/story-xOE5XAQXSqmNr3xuZysHiO.html>

Don't let sinus become the pain in your nose. Try these 4 yoga poses for instant relief

A sinus attack can be tormenting, try these four yoga poses for sinus daily and see a difference.

Updated: Nov 17, 2020, 09:56 IST

By Nikita Bhardwaj , HealthShots



Yoga is the natural way to deal with sinusitis.(Grand Master Akshar)

HT Hindustan Times E-Paper Games

EYE ON THE PAST, VISION FOR THE FUTURE. CLICK HERE TO WATCH NOW SBI LEADERSHIP SUMMIT

Home / Health / 5 yoga stretches to help mummies-to-b...

5 yoga stretches to help mummies-to-be get rid of severe backache

Pregnant women can practise these yoga asanas to deal with back pain and stay healthy!

Updated: Nov 19, 2020, 10:16 IST
By Nikita Bhardwaj, HealthShots

f t w in e

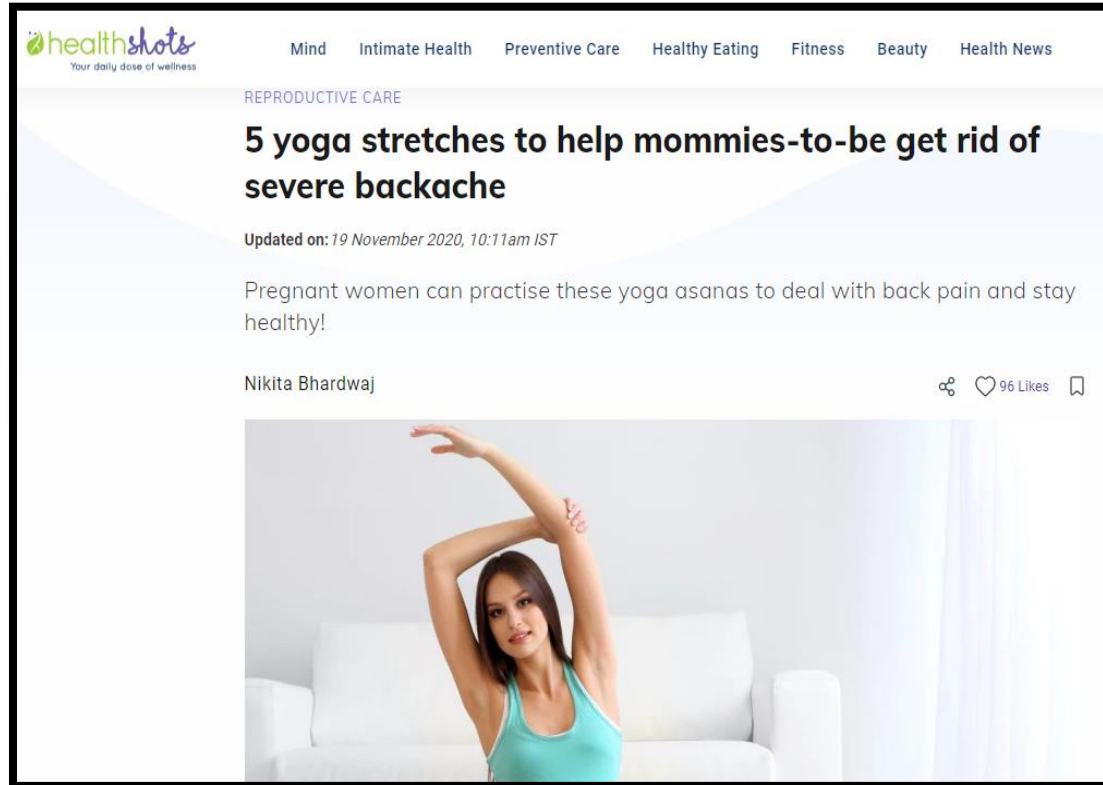
OPEN APP



<https://www.hindustantimes.com/health/5-yoga-stretches-to-help-mommies-to-be-get-rid-of-severe-backache/story-mn42zOfRNqID3kb75qBpPN.html>



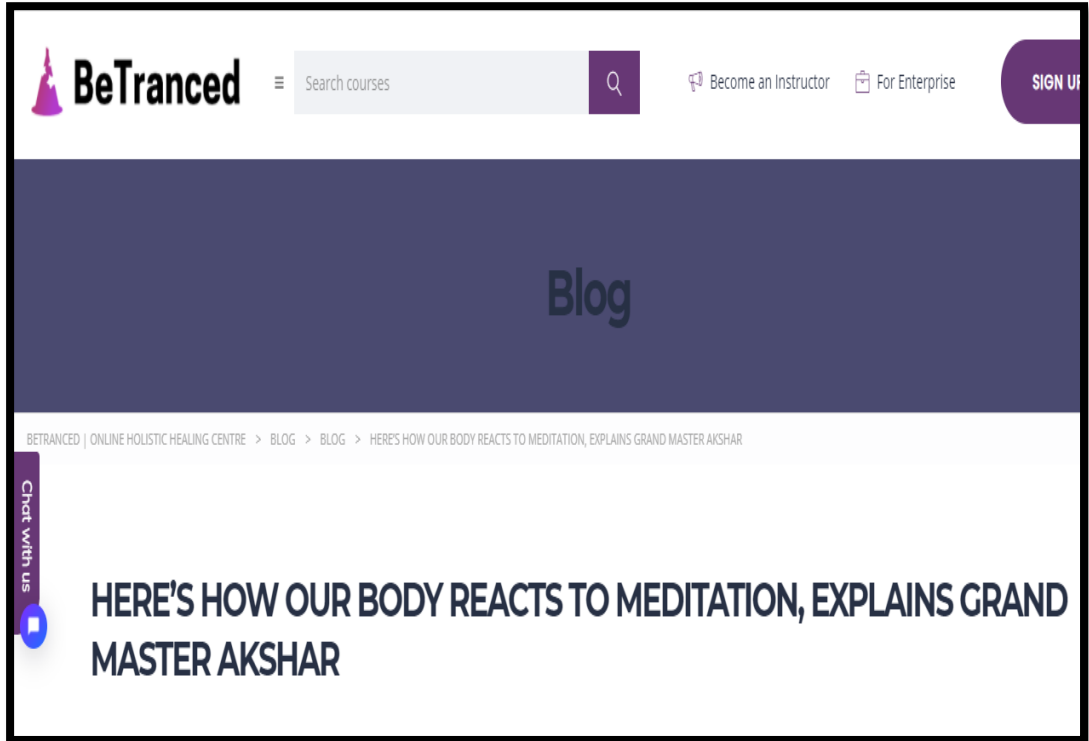
<https://www.healthshots.com/preventive-care/reproductive-care/5-yoga-stretches-to-help-mommies-to-be-get-rid-of-severe-backache/>



The screenshot shows a webpage from healthshots.com. At the top, there is a navigation menu with categories: Mind, Intimate Health, Preventive Care, Healthy Eating, Fitness, Beauty, and Health News. Below the menu, the article is categorized under 'REPRODUCTIVE CARE'. The main title is '5 yoga stretches to help mommies-to-be get rid of severe backache'. The article is dated 'Updated on: 19 November 2020, 10:11am IST'. The introductory text states: 'Pregnant women can practise these yoga asanas to deal with back pain and stay healthy!'. The author is listed as 'Nikita Bhardwaj'. There are social media icons for sharing and a '96 Likes' indicator. Below the text is a photograph of a pregnant woman in a teal tank top sitting on a white sofa, performing a yoga stretch with her arms raised and hands clasped.



<https://www.betranced.com/heres-how-our-body-reacts-to-meditation-explains-grand-master-akshar/>



The screenshot shows the BeTranced website interface. At the top, there is a navigation bar with the BeTranced logo, a search bar with the text 'Search courses', and links for 'Become an Instructor', 'For Enterprise', and 'SIGN UP'. Below the navigation bar is a dark blue header with the word 'Blog' in white. The main content area is white and features a breadcrumb trail: 'BETRANCED | ONLINE HOLISTIC HEALING CENTRE > BLOG > BLOG > HERES HOW OUR BODY REACTS TO MEDITATION, EXPLAINS GRAND MASTER AKSHAR'. On the left side, there is a vertical purple chat button labeled 'Chat with us'. The main headline of the blog post is 'HERE'S HOW OUR BODY REACTS TO MEDITATION, EXPLAINS GRAND MASTER AKSHAR' in a large, bold, dark blue font.



<https://www.timesnownews.com/health/article/5-yoga-poses-meditation-and-breathing-techniques-that-will-help-you-detox-post-the-festive-season/685003>

TIMESNOWNEWS.COM LIVE TV 9+

Business Education India Cities Podcasts India O

News > Health >

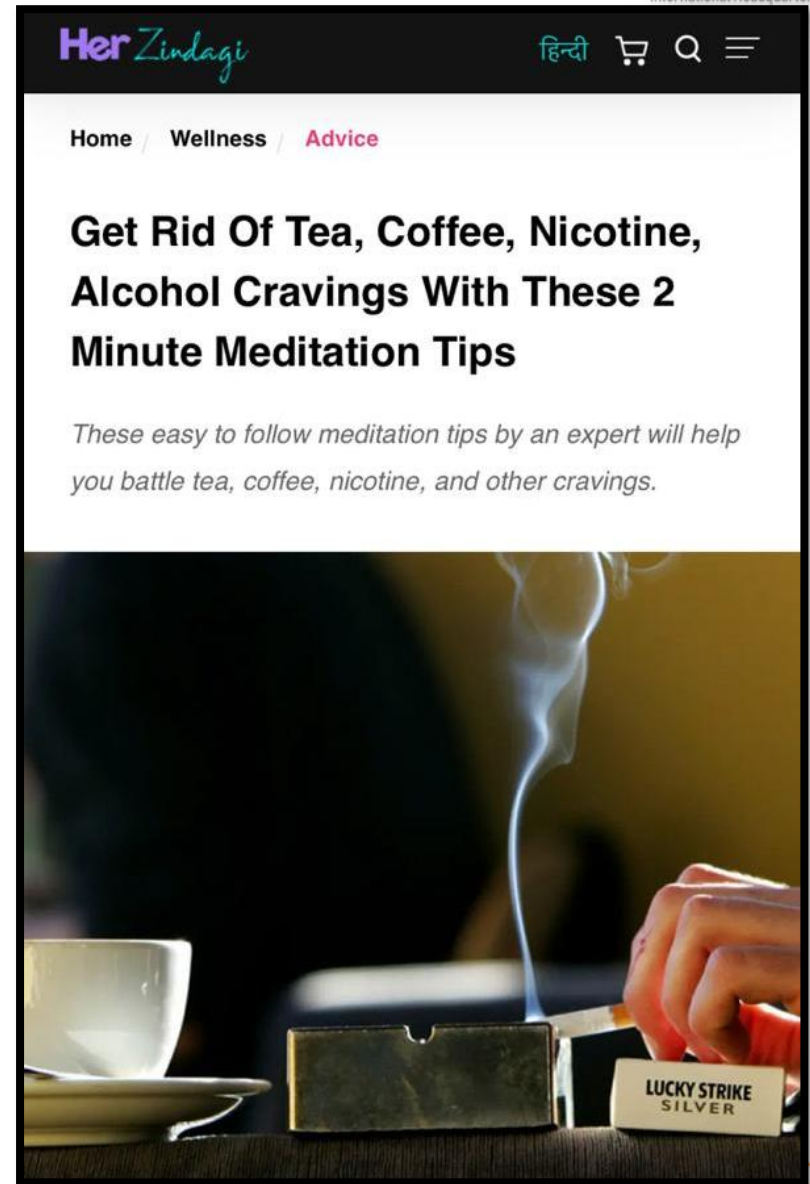
5 yoga poses, meditation and breathing techniques that will help you detox post the festive season

5 yoga poses, meditation and breathing techniques that will help you detox post the festive season

 Grand Master Akshar | Yoga Master & Lifestyle Coach
Updated Nov 22, 2020 | 06:39 IST

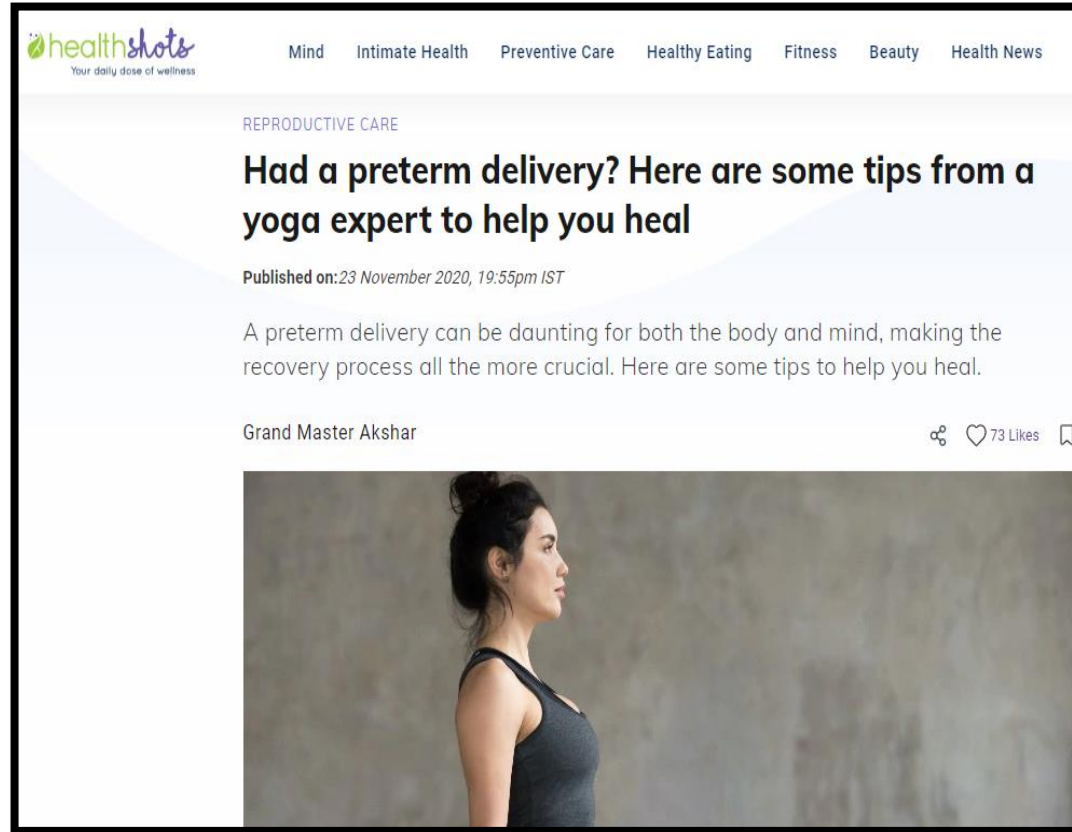


<https://www.herzindagi.com/advice/get-rid-of-tea-coffee-cravings-alcohol-nicotine-2-minute-meditation-tips-expert-article-167143>





<https://www.healthshots.com/preventive-care/reproductive-care/had-a-preterm-delivery-here-are-some-tips-from-a-yoga-expert-to-help-you-heal/>



The screenshot shows a webpage from healthshots.com. At the top, there is a navigation menu with categories: Mind, Intimate Health, Preventive Care, Healthy Eating, Fitness, Beauty, and Health News. The article is categorized under 'REPRODUCTIVE CARE'. The main title is 'Had a preterm delivery? Here are some tips from a yoga expert to help you heal'. Below the title, it says 'Published on: 23 November 2020, 19:55pm IST'. The article text begins with 'A preterm delivery can be daunting for both the body and mind, making the recovery process all the more crucial. Here are some tips to help you heal.' The author is listed as 'Grand Master Akshar'. There are social media icons for sharing and a heart icon indicating '73 Likes'. At the bottom of the article, there is a photograph of a woman in a dark tank top, shown in profile, looking towards the right.



<https://www.msn.com/en-in/health/health-news/had-a-preterm-delivery-here-are-some-tips-from-a-yoga-expert-to-help-you-heal/ar-BB1bhrfE>

Had a preterm delivery? Here are some tips from a yoga expert to help you heal

Grand Master Akshar 23-11-2020

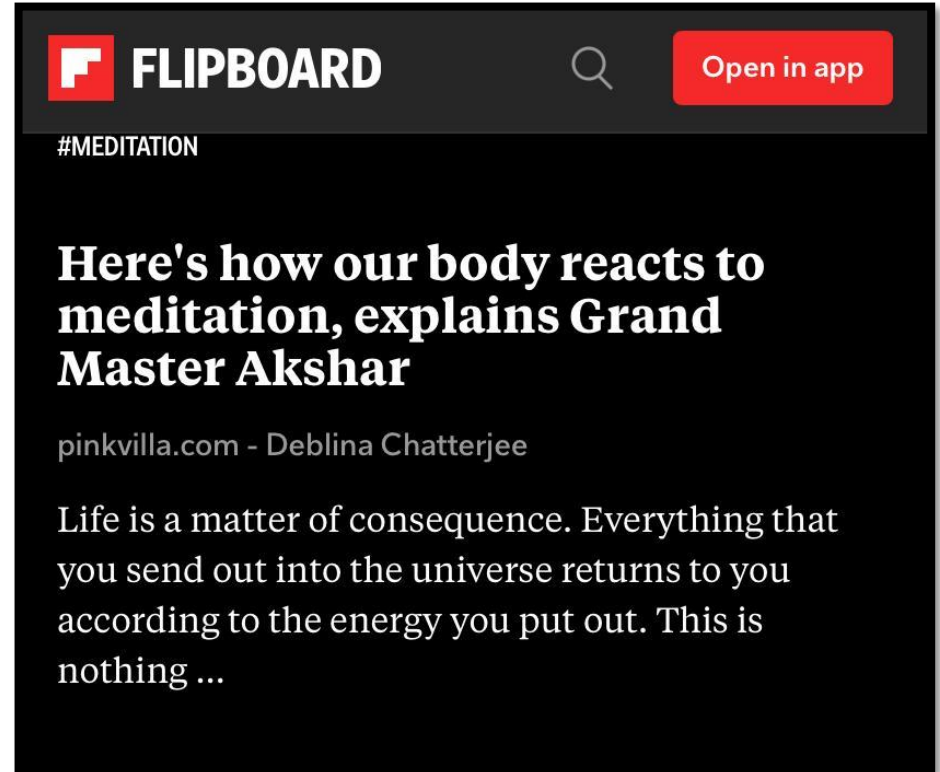
[in](#) [f](#) [t](#) [whatsapp](#) [mail](#) [messenger](#)

Babies born before 37 weeks of pregnancy are called premature. Some of the reasons that cause premature birth include poor nutrition before and during pregnancy; smoking or drinking too much alcohol during pregnancy; and certain infections, such as urinary tract and amniotic membrane infections. If you have had a premature birth in a previous pregnancy, then it certainly increases your chances of delivering a preterm baby.

For women, especially those who have delivered a preterm baby, the postpartum period is extremely crucial in their healing and recovery. It is completely natural that this time involves moving through many changes, both emotionally and physically.



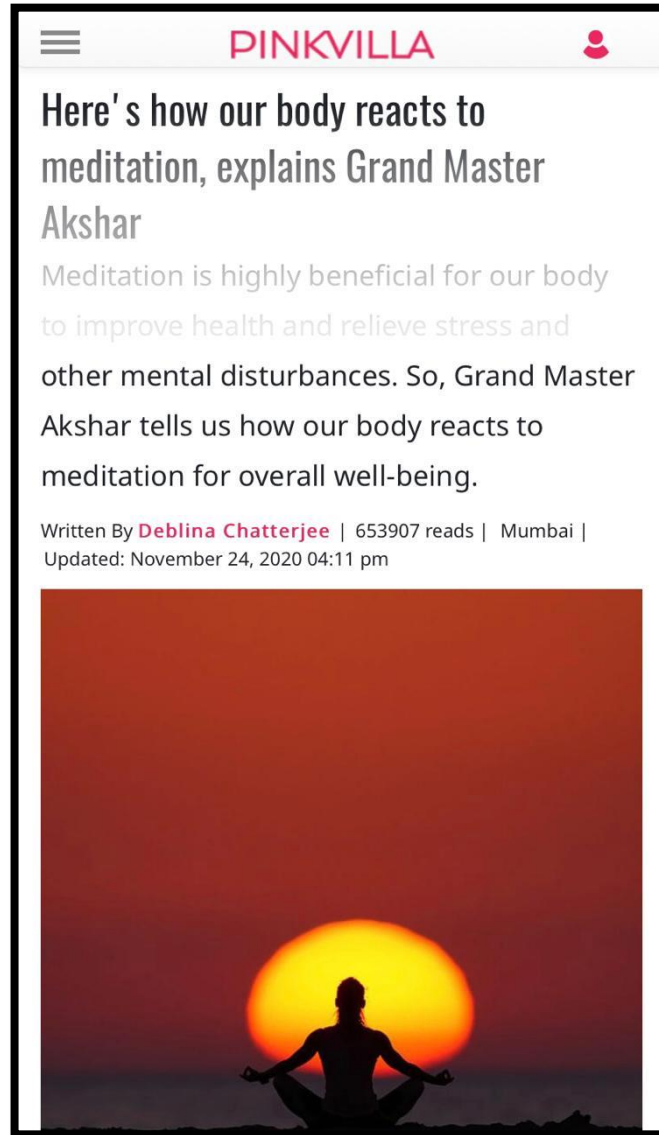
https://flipboard.com/article/here-s-how-our-body-reacts-to-meditation-explains-grand-master-akshar/a-3zCELL4qQb68fsC7VcF_tA%3Aa%3A29578601-4fd5471110%2Fpinkvilla.com



The screenshot shows the Flipboard mobile app interface. At the top, there is a search bar with a magnifying glass icon and a red button labeled "Open in app". Below the search bar, the text "#MEDITATION" is displayed. The main article title is "Here's how our body reacts to meditation, explains Grand Master Akshar" in a large, bold, white font. Below the title, the source "pinkvilla.com - Deblina Chatterjee" is listed. The article text begins with "Life is a matter of consequence. Everything that you send out into the universe returns to you according to the energy you put out. This is nothing ...".

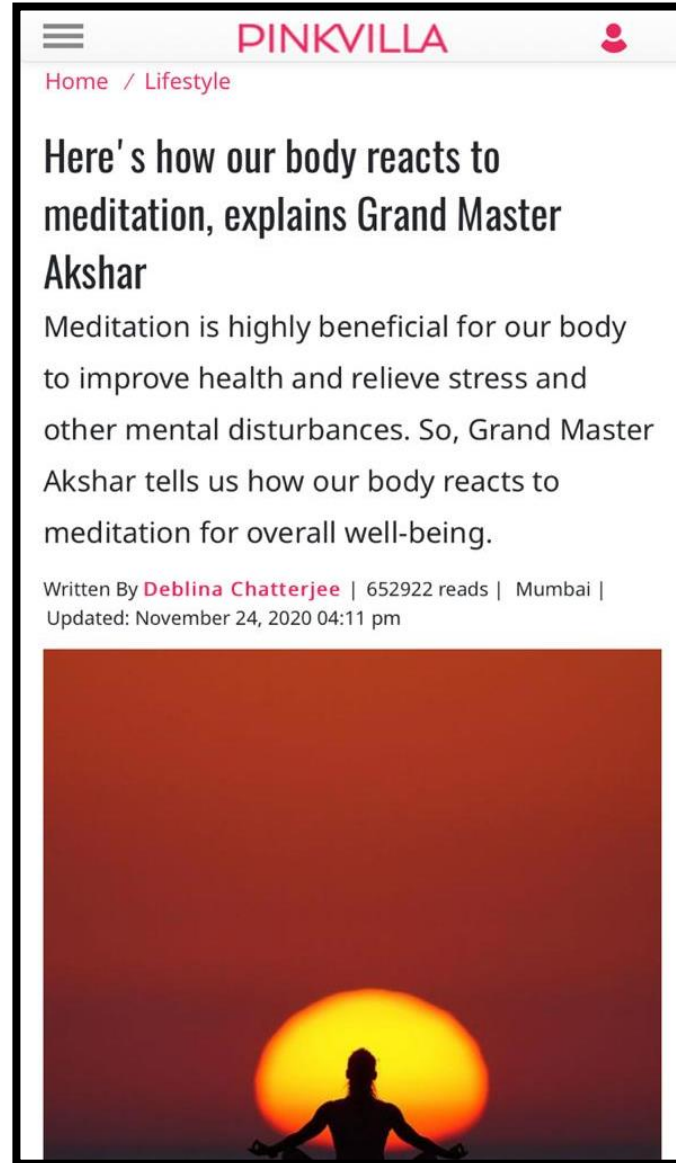


<https://www.pinkvilla.com/lifestyle/health-fitness/heres-how-our-body-reacts-meditation-explains-grand-master-akshar-576899>





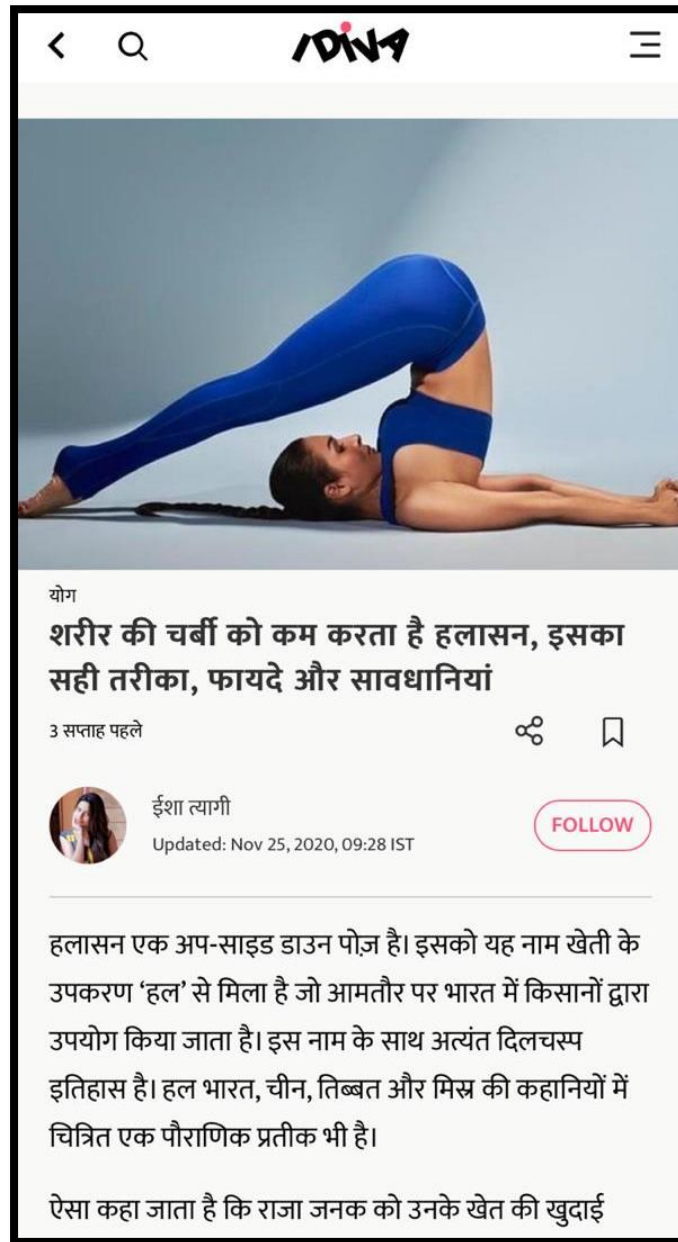
pinkvilla.com/lifestyle/health-fitness/heres-how-our-body-reacts-to-meditation-explains-grand-master-akshar-576899



The screenshot shows a mobile interface for the Pinkvilla website. At the top, there is a navigation bar with a hamburger menu icon on the left, the word "PINKVILLA" in the center, and a user profile icon on the right. Below the navigation bar, the breadcrumb "Home / Lifestyle" is visible. The main content area features a large, bold title: "Here's how our body reacts to meditation, explains Grand Master Akshar". Below the title is a paragraph of text: "Meditation is highly beneficial for our body to improve health and relieve stress and other mental disturbances. So, Grand Master Akshar tells us how our body reacts to meditation for overall well-being." Underneath the text, there is a line of metadata: "Written By **Deblina Chatterjee** | 652922 reads | Mumbai | Updated: November 24, 2020 04:11 pm". At the bottom of the article preview, there is a large image showing a silhouette of a person in a meditative pose (Padmasana) against a bright, glowing sun or moon in a dark sky.



<https://www.idiva.com/hindi/yoga/how-to-do-halasan-process-and-its-benefits-in-hindi/18015175>



The screenshot shows a mobile app interface for IDIVA. At the top, there is a navigation bar with a back arrow, a search icon, the IDIVA logo, and a menu icon. Below the navigation bar is a large image of a woman in a blue outfit performing the Halasana (Plough) yoga pose. Underneath the image, the text reads: 'योग शरीर की चर्बी को कम करता है हलासन, इसका सही तरीका, फायदे और सावधानियां'. Below this, it says '3 सप्ताह पहले' and 'Updated: Nov 25, 2020, 09:28 IST'. There is a 'FOLLOW' button next to the author's name 'ईशा त्यागी'. The main text of the article is in Hindi, discussing the benefits and history of the Halasana pose.

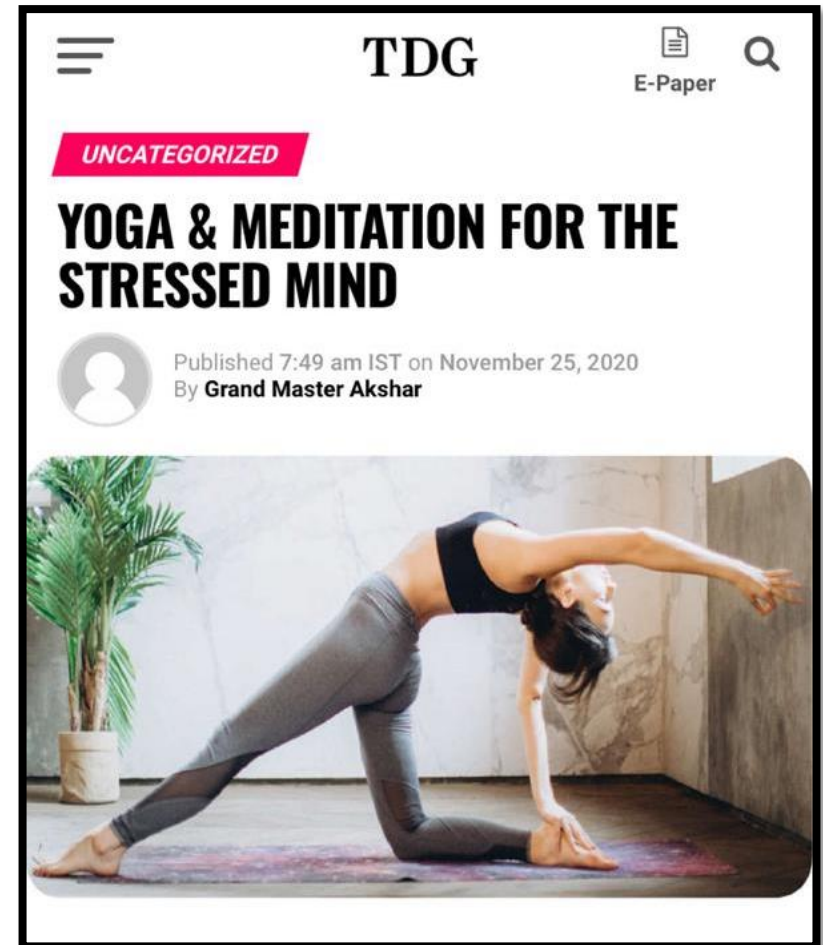
योग
शरीर की चर्बी को कम करता है हलासन, इसका सही तरीका, फायदे और सावधानियां
3 सप्ताह पहले

ईशा त्यागी
Updated: Nov 25, 2020, 09:28 IST

हलासन एक अप-साइड डाउन पोज है। इसको यह नाम खेती के उपकरण 'हल' से मिला है जो आमतौर पर भारत में किसानों द्वारा उपयोग किया जाता है। इस नाम के साथ अत्यंत दिलचस्प इतिहास है। हल भारत, चीन, तिब्बत और मिस्र की कहानियों में चित्रित एक पौराणिक प्रतीक भी है।
ऐसा कहा जाता है कि राजा जनक को उनके खेत की खुदाई

The Daily Guardian

<https://theguardian.com/yoga-meditation-for-the-stressed-mind/>





<https://www.idiva.com/hindi/yoga/yoga-poses-to-avoid-premature-labour-in-hindi/18015130>

The screenshot shows an Instagram post from the account 'IDIVA'. The post features a photograph of a pregnant woman in a white sports bra and beige shorts, sitting in a cross-legged yoga pose on a blue mat. The text of the post is in Hindi and discusses yoga asanas to avoid premature labor. The post includes a category 'योग' (Yoga), a title 'प्रेगनेंसी में समय से पहले होने वाले लेबर से बचने के लिए करें ये 5 योग आसन', and a date '3 सप्ताह पहले'. The author is 'ईशा त्यागी' (Esha Tyagi), and the post was updated on Nov 25, 2020, at 09:27 IST. There is a 'FOLLOW' button and a share icon.

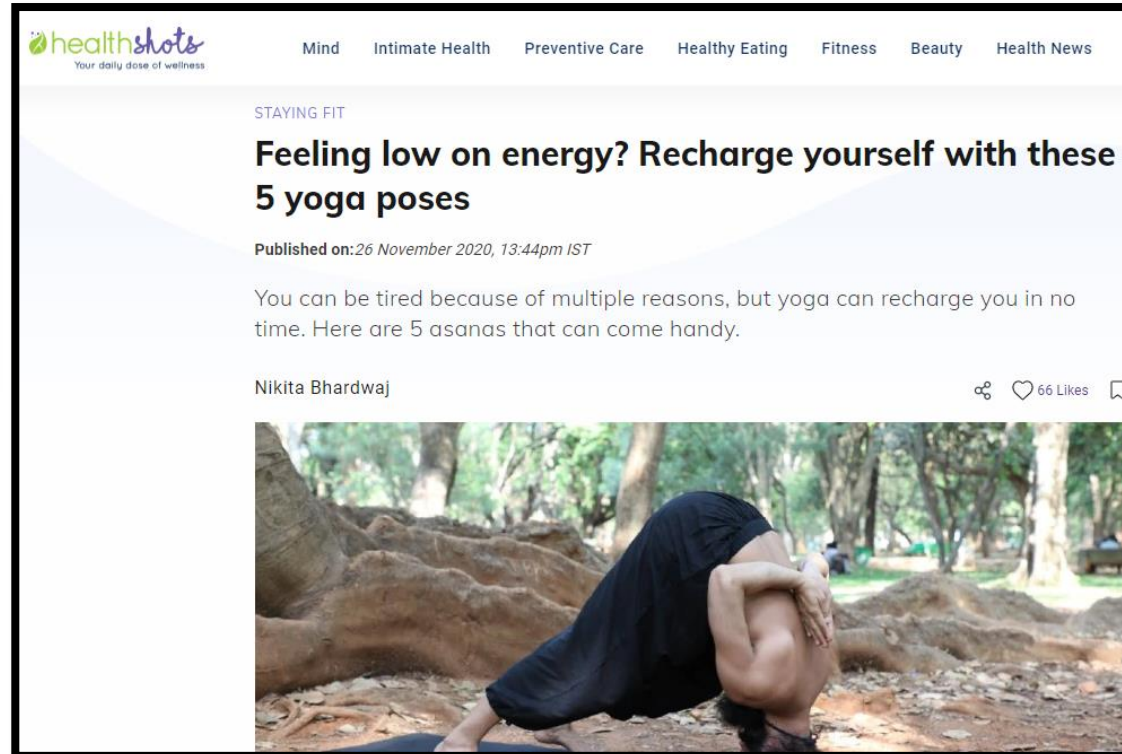
योग
प्रेगनेंसी में समय से पहले होने वाले लेबर से बचने के लिए करें ये 5 योग आसन
3 सप्ताह पहले

ईशा त्यागी
Updated: Nov 25, 2020, 09:27 IST

गर्भावस्था का समय एक महिला के लिए स्वाभाविक रूप से आनंदमय होने के साथ थोड़ा घबराहट या तनावपूर्ण भी होता है। यह एक ऐसा समय होता है जो उनके शरीर में आंतरिक और बाहरी दोनों रूपों में बहुत बड़ा बदलाव लाता है। बच्चे के जन्म के



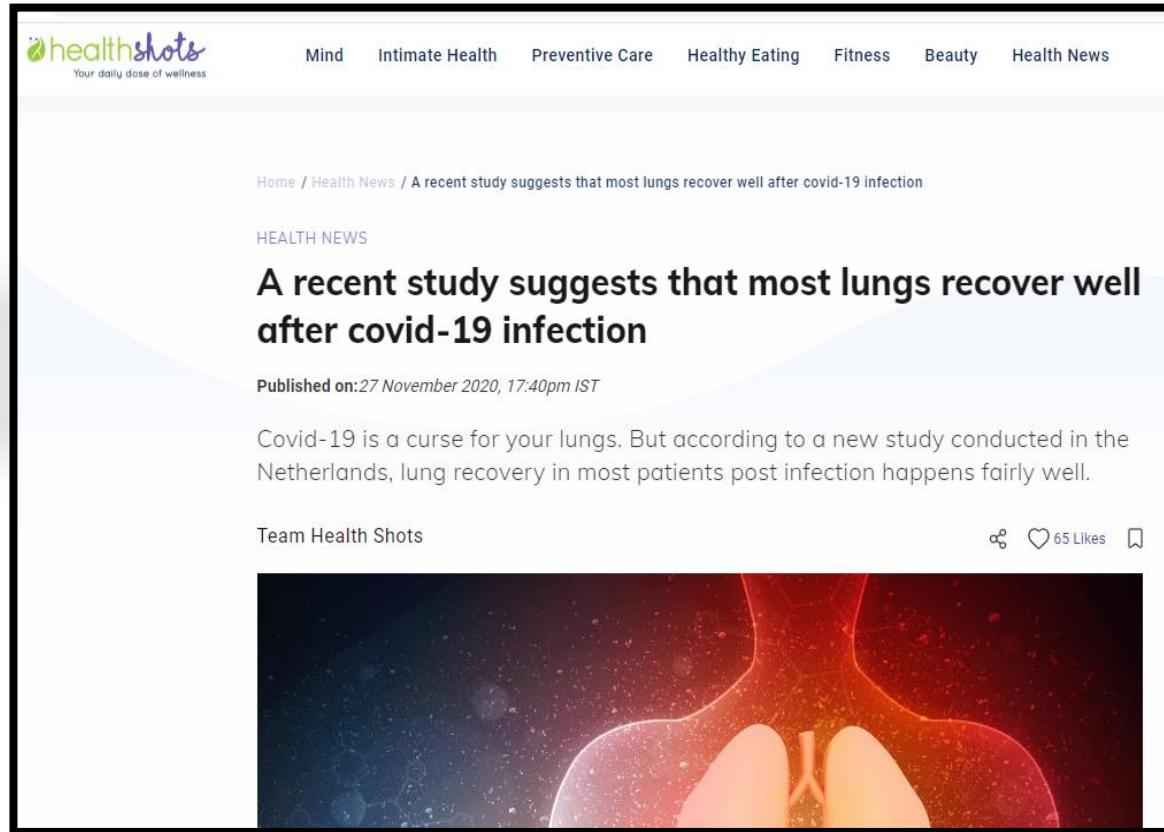
<https://www.healthshots.com/fitness/staying-fit/try-these-5-yoga-poses-to-boost-your-energy/>



The screenshot shows a webpage from healthshots.com. At the top, there is a navigation menu with categories: Mind, Intimate Health, Preventive Care, Healthy Eating, Fitness, Beauty, and Health News. The article is categorized under 'STAYING FIT'. The main title is 'Feeling low on energy? Recharge yourself with these 5 yoga poses'. Below the title, it says 'Published on: 26 November 2020, 13:44pm IST'. The introductory text reads: 'You can be tired because of multiple reasons, but yoga can recharge you in no time. Here are 5 asanas that can come handy.' The author's name, 'Nikita Bhardwaj', is listed below the text. To the right of the author's name, there are icons for social media sharing and a heart icon indicating '66 Likes'. Below the text is a photograph of a person in a black outfit performing a yoga pose (Urdhva Dhanurasana) outdoors in a park-like setting with trees and a large tree trunk in the background.



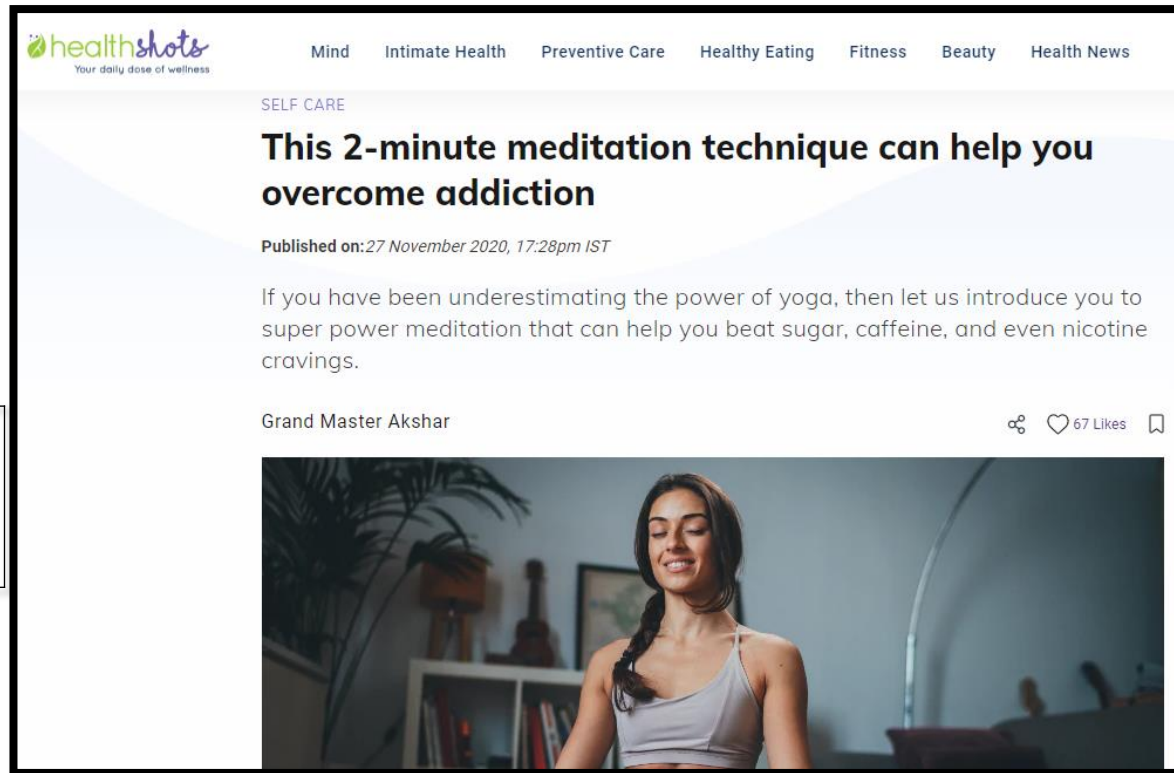
<https://www.healthshots.com/fitness/staying-fit/yoga-for-lungs-these-asanas-can-help-your-lungs-fight-air-pollution/>



The screenshot shows a webpage from Healthshots. At the top, there is a navigation menu with links for Mind, Intimate Health, Preventive Care, Healthy Eating, Fitness, Beauty, and Health News. The article title is "A recent study suggests that most lungs recover well after covid-19 infection". Below the title, it says "Published on: 27 November 2020, 17:40pm IST". The main text of the article begins with "Covid-19 is a curse for your lungs. But according to a new study conducted in the Netherlands, lung recovery in most patients post infection happens fairly well." At the bottom of the article, there is a social media share icon, a heart icon indicating "65 Likes", and a comment icon. Below the text is a large image showing a human torso with a glowing red and orange aura around the lungs, set against a dark, starry background.



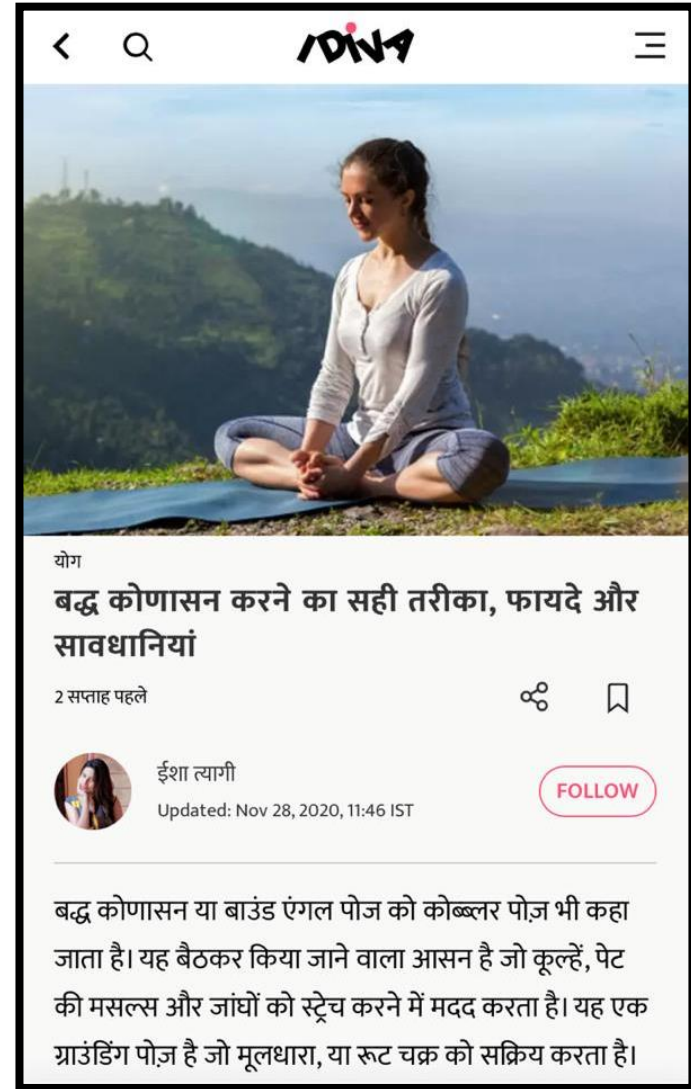
<https://www.healthshots.com/preventive-care/self-care/this-2-minute-meditation-technique-can-help-you-overcome-addiction/>



The screenshot shows a webpage from healthshots.com. At the top left is the healthshots logo with the tagline 'Your daily dose of wellness'. To the right is a navigation menu with links for Mind, Intimate Health, Preventive Care, Healthy Eating, Fitness, Beauty, and Health News. Below the navigation is a category label 'SELF CARE'. The main heading of the article is 'This 2-minute meditation technique can help you overcome addiction'. Below the heading is the publication date: 'Published on: 27 November 2020, 17:28pm IST'. The article text begins with 'If you have been underestimating the power of yoga, then let us introduce you to super power meditation that can help you beat sugar, caffeine, and even nicotine cravings.' Below the text is the author's name 'Grand Master Akshar' and social media icons for sharing, likes (67 Likes), and a bookmark icon. At the bottom of the article is a photograph of a woman with her hair in a braid, wearing a white sports bra, sitting in a room with a bookshelf and a plant in the background.



<https://www.idiva.com/hindi/yoga/how-to-do-bound-angle-pose-and-what-are-its-benefits-in-hindi/18015327>



The screenshot shows a mobile app interface for IDIVA. At the top, there is a navigation bar with a back arrow, a search icon, the IDIVA logo, and a menu icon. Below the navigation bar is a large image of a woman in a white long-sleeved top and blue pants, sitting in a Bound Angle Pose (Baddha Konasana) on a blue mat outdoors, with a scenic mountain landscape in the background. Below the image, the text reads: 'योग बद्ध कोणासन करने का सही तरीका, फायदे और सावधानियां'. Underneath this is '2 सप्ताह पहले' and icons for sharing and bookmarking. A profile picture of 'ईशा त्यागी' is shown with the text 'Updated: Nov 28, 2020, 11:46 IST' and a 'FOLLOW' button. The main text of the article begins: 'बद्ध कोणासन या बाउंड एंगल पोज को कोब्लर पोज भी कहा जाता है। यह बैठकर किया जाने वाला आसन है जो कूल्हें, पेट की मसल्स और जांघों को स्ट्रेच करने में मदद करता है। यह एक ग्राउंडिंग पोज है जो मूलधारा, या रूट चक्र को सक्रिय करता है।'



<https://www.idiva.com/hindi/yoga/how-to-do-bridge-pose-and-what-are-its-benefits-in-hindi/18015289>

The screenshot shows a mobile app interface for IDIVA. At the top, there's a navigation bar with a back arrow, a search icon, the IDIVA logo, and a menu icon. Below this is a large image of a woman in a dark blue athletic outfit performing the Setu Bandha Sarvangasana (Bridge Pose) on a mat. The article title is 'सेतु बंधासन करने का सही तरीका, इसके फायदे और सावधानियां' (Correct way to do Setu Bandha Sarvangasana, its benefits and precautions). It is dated '2 सप्ताह पहले' (2 weeks ago) and has a 'FOLLOW' button. The author is 'ईशा त्यागी' (Esha Tyagi), updated on 'Nov 28, 2020, 11:45 IST'. The text below the image discusses the benefits of the pose for modern lifestyles, mentioning that it helps with back pain and improves posture.

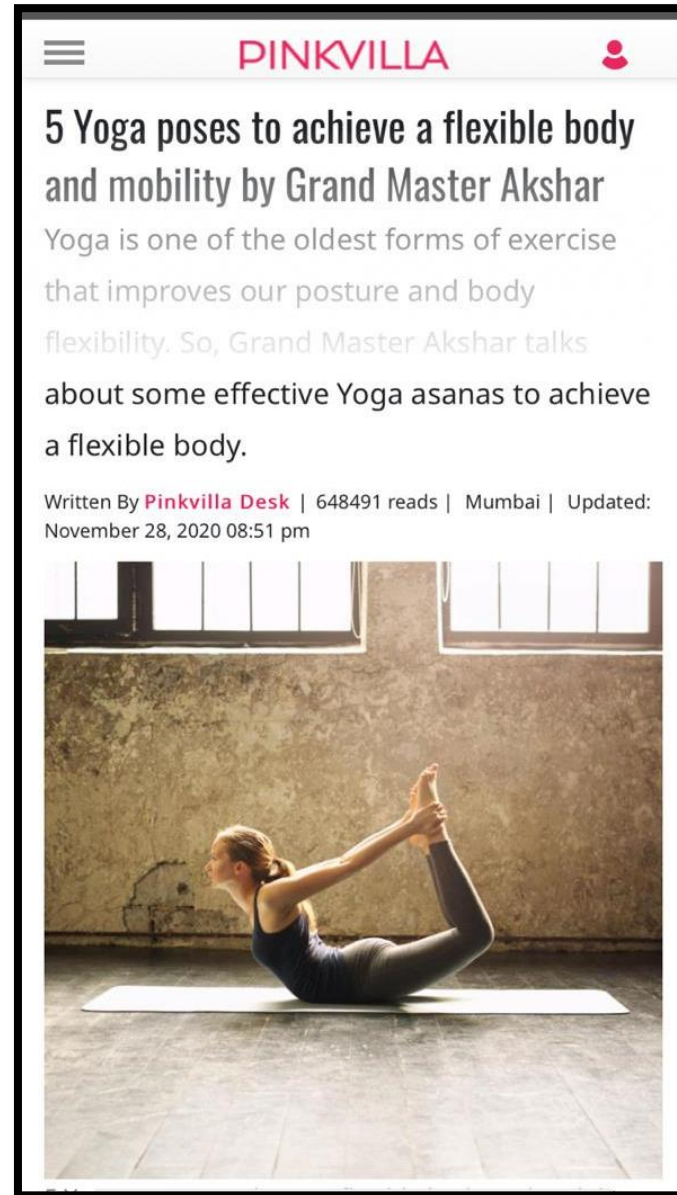
योग
सेतु बंधासन करने का सही तरीका, इसके फायदे और सावधानियां
2 सप्ताह पहले

ईशा त्यागी
Updated: Nov 28, 2020, 11:45 IST

मॉडर्न लाइफस्टाइल के कारण हमारे रूटीन से एक्टिविटी कम होती जा रही हैं। दिनभर बैठकर काम करने के कारण हम शारीरिक गतिविधि को उतना महत्व नहीं देते हैं, जितना कि जरूरी है। ऐसे में योग आपकी जरूरत बन जाता है। योग व्यायाम करने का अधिक सुविधाजनक रूप है। आप कहीं भी किसी भी आसन का अभ्यास कर सकते हैं चाहे लिविंग रूम में या अपनी कॉलोनी के कम्युनिटी पार्क में। इन्हीं आसनों में से एक है सेतु

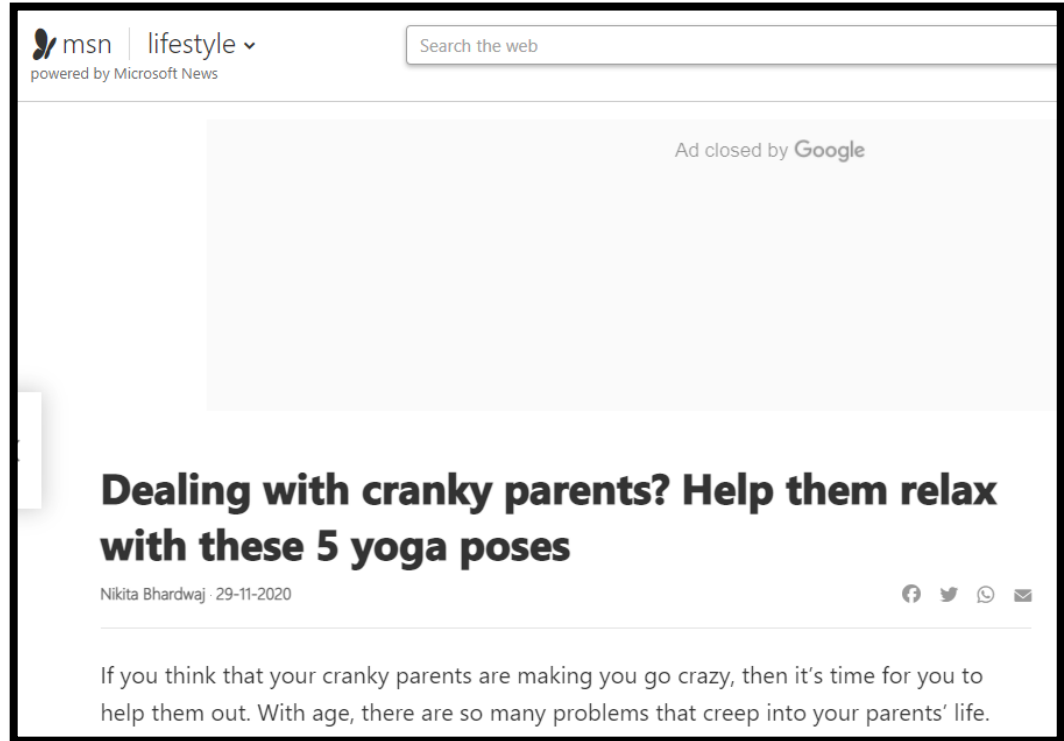


<https://www.pinkvilla.com/lifestyle/health-fitness/5-yoga-poses-achieve-flexible-body-and-mobility-grand-master-akshar-578210>





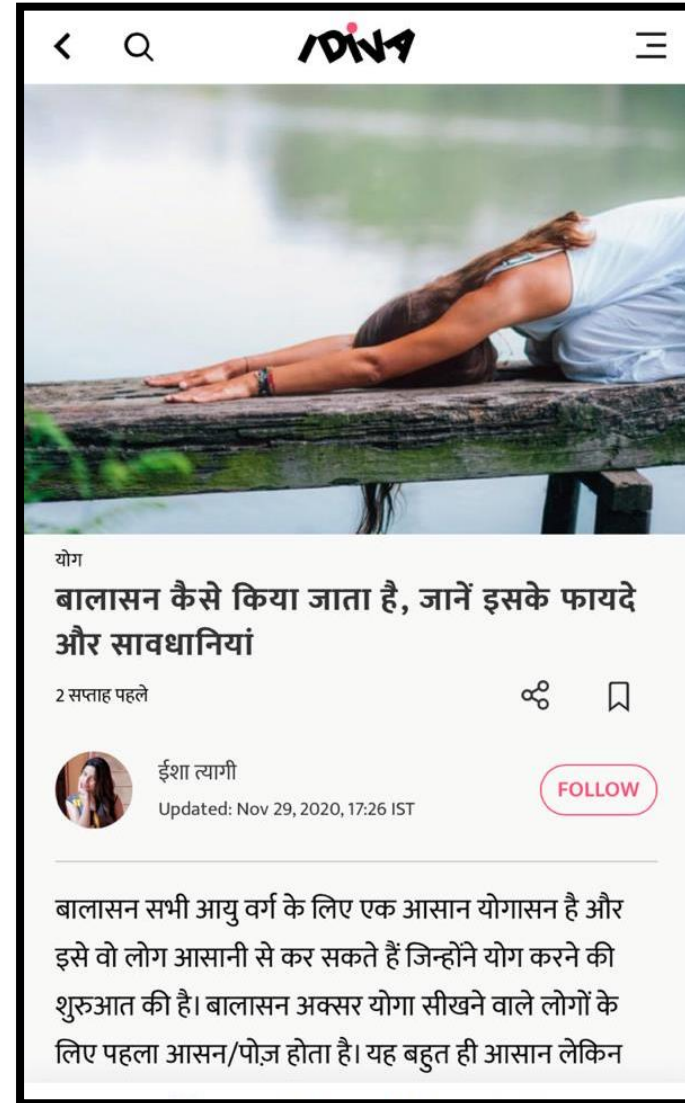
<https://www.msn.com/en-in/health/health-news/dealing-with-cranky-parents-help-them-relax-with-these-5-yoga-poses/ar-BB1btFGf?li=AAggbRN>



The screenshot shows the MSN website interface. At the top left, it says 'msn | lifestyle' with a dropdown arrow and 'powered by Microsoft News'. A search bar on the top right contains the text 'Search the web'. Below the navigation, there is a large grey rectangular area with the text 'Ad closed by Google'. The main article title is 'Dealing with cranky parents? Help them relax with these 5 yoga poses' in bold black font. Below the title, the author's name 'Nikita Bhardwaj' and the date '29-11-2020' are displayed. To the right of the date are social media sharing icons for Facebook, Twitter, WhatsApp, and Email. The article's introductory text reads: 'If you think that your cranky parents are making you go crazy, then it's time for you to help them out. With age, there are so many problems that creep into your parents' life.'



<https://www.idiva.com/hindi/yoga/how-to-do-child-pose-and-its-benefits-in-hindi/18015243>



The screenshot shows a mobile app interface for IDIVA. At the top, there is a navigation bar with a back arrow, a search icon, the IDIVA logo, and a menu icon. Below the navigation bar is a large image of a person performing Child Pose (Balasana) on a wooden dock by a body of water. The article title is "योग बालासन कैसे किया जाता है, जानें इसके फायदे और सावधानियां". The author is "ईशा त्यागी" and the article was updated on "Nov 29, 2020, 17:26 IST". There is a "FOLLOW" button next to the author's name. The main text of the article is in Hindi, discussing the benefits of Balasana for all ages and its importance as a first asana for beginners.

योग
बालासन कैसे किया जाता है, जानें इसके फायदे और सावधानियां

2 सप्ताह पहले

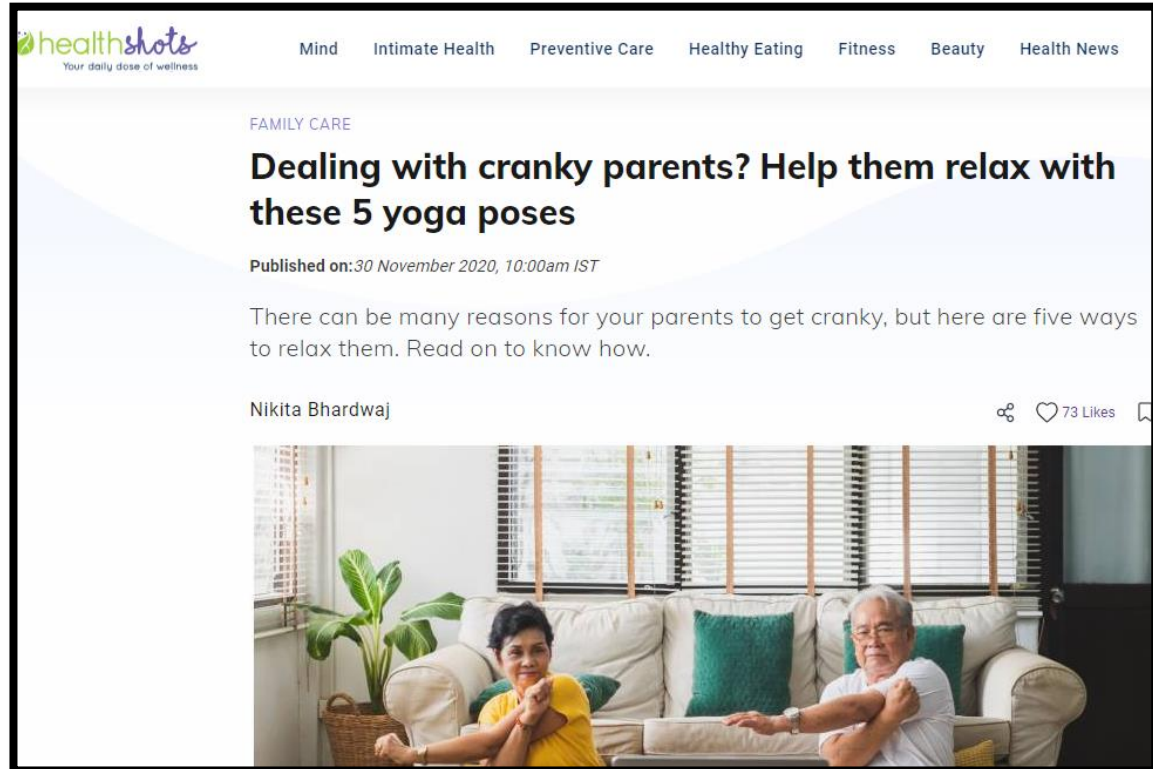
ईशा त्यागी
Updated: Nov 29, 2020, 17:26 IST

FOLLOW

बालासन सभी आयु वर्ग के लिए एक आसान योगासन है और इसे वो लोग आसानी से कर सकते हैं जिन्होंने योग करने की शुरुआत की है। बालासन अक्सर योगा सीखने वाले लोगों के लिए पहला आसन/पोज होता है। यह बहुत ही आसान लेकिन



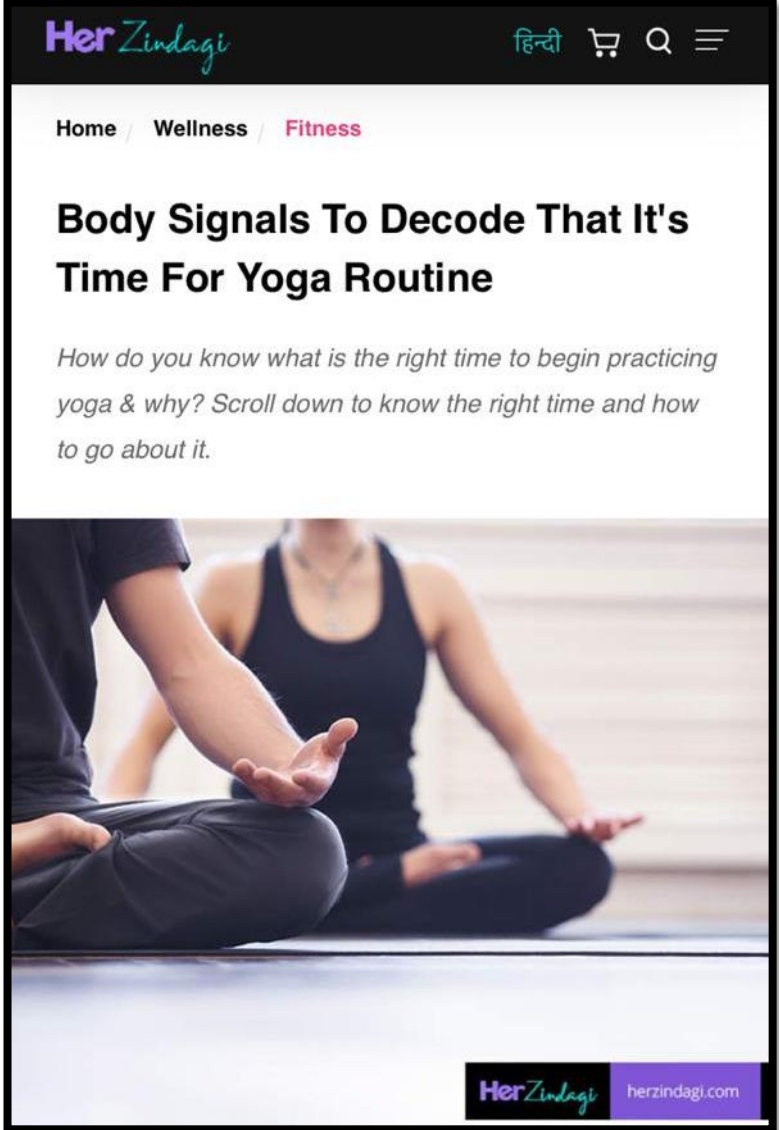
<https://www.healthshots.com/preventive-care/family-care/dealing-with-cranky-parents-help-them-relax-with-these-5-yoga-poses/>






The screenshot shows a webpage from healthshots.com. At the top, there is a navigation menu with categories: Mind, Intimate Health, Preventive Care, Healthy Eating, Fitness, Beauty, and Health News. The article is categorized under 'FAMILY CARE'. The main title is 'Dealing with cranky parents? Help them relax with these 5 yoga poses'. Below the title, it says 'Published on: 30 November 2020, 10:00am IST'. The introductory text reads: 'There can be many reasons for your parents to get cranky, but here are five ways to relax them. Read on to know how.' The author's name, 'Nikita Bhardwaj', is listed below the text. To the right of the author's name, there are icons for sharing, a heart icon indicating '73 Likes', and a bookmark icon. At the bottom of the article preview, there is a photograph of an elderly woman in a yellow shirt and an elderly man in a white shirt sitting on a light-colored sofa in a bright, modern living room. A large green plant is visible on the left side of the sofa.



<https://www.herzindagi.com/fitness/body-signals-to-decode-that-it-is-time-for-yoga-routine-article-167661>




Her Zindagi हिन्दी   

Home / Wellness / **Fitness**

Body Signals To Decode That It's Time For Yoga Routine

How do you know what is the right time to begin practicing yoga & why? Scroll down to know the right time and how to go about it.



Her Zindagi herzindagi.com

THE WISE GENDER

<https://thewisegender.com/entertainment/heres-how-yoga-is-beneficial-to-reduce-stress-and-increase-mindfulness/>



The screenshot shows the homepage of 'THE WISE GENDER'. The main navigation bar includes: HOME, NEWS, POLITICS, ENTERTAINMENT, FASHION, TRAVEL, FOOD & HEALTH, TECHNOLOGY, SPORTS, BUSINESS, and THOUGHTS. The featured article is titled 'Here's how yoga is beneficial to reduce stress and increase mindfulness' under the 'Entertainment' category. The article image shows a person in a white shirt performing a yoga pose (Urdhva Dhanurasana) in a scenic landscape with mountains and a cloudy sky. A sidebar on the right contains a search bar and a 'Recent Posts' section with several article titles.

THE WISE GENDER

HOME NEWS POLITICS ENTERTAINMENT FASHION TRAVEL FOOD & HEALTH TECHNOLOGY SPORTS BUSINESS THOUGHTS

Search

Recent Posts

- 'Only 10 More Weeks to Go!'
- IND vs AUS 2020: 'A Test series can't be won by luck'
- Samsung: Uttar Pradesh approves financial incentives for Samsung display factor
- News
- See The Cast All Grown Up — Photos
- Hollywood Life
- IND v AUS 2020: 'Rohit Sharma wants a point away from home in Test cricket'
- Twitter India Shares How PUBG and Fortnite Took Over the Conversation in India

Entertainment

Here's how yoga is beneficial to reduce stress and increase mindfulness

December 1, 2020 • 7 min read



<https://www.onlymyhealth.com/is-sirsasana-or-headstand-yoga-pose-safe-during-pregnancy-in-hindi-1606919231>

Onlymyhealth ENG FOLLOW US ▶ | 🔍

स्वास्थ्य / आहार व फिटनेस / योगा

अनुष्का शर्मा को देखकर आप भी सोच रही हैं प्रेगनेंसी में शीर्षासन करने का, तो पहले जान लें एक्सपर्ट की राय

Updated at: Dec 02, 2020



अनुष्का शर्मा की तरह आप भी कर सकते हैं प्रेगनेंसी में शीर्षासन?

Facebook, Twitter, WhatsApp icons

Onlymyhealth



<https://www.pinkvilla.com/lifestyle/health-fitness/here-s-how-yoga-beneficial-reduce-stress-and-increase-mindfulness-578948>


A screenshot of a mobile article from Pinkvilla. The article title is "Here's how yoga is beneficial to reduce stress and increase mindfulness". The text discusses stress as a common problem due to a busy lifestyle and mentions that Grand Master Akshar provides tips on managing it. The article is written by Deblina Chatterjee and was updated on December 2, 2020. Below the text is a photograph of a woman in a white long-sleeved shirt and dark pants performing a yoga pose (Vrikshasana) in a grassy field with mountains in the background. The caption below the photo reads "Here's how yoga is beneficial to reduce stress and".

☰ PINKVILLA 👤

Here's how yoga is beneficial to reduce stress and increase mindfulness

Stress is the most common problem due to the busy and unhealthy lifestyle. But it can be managed properly with yoga and meditation. Grand Master Akshar shares some tips on it.

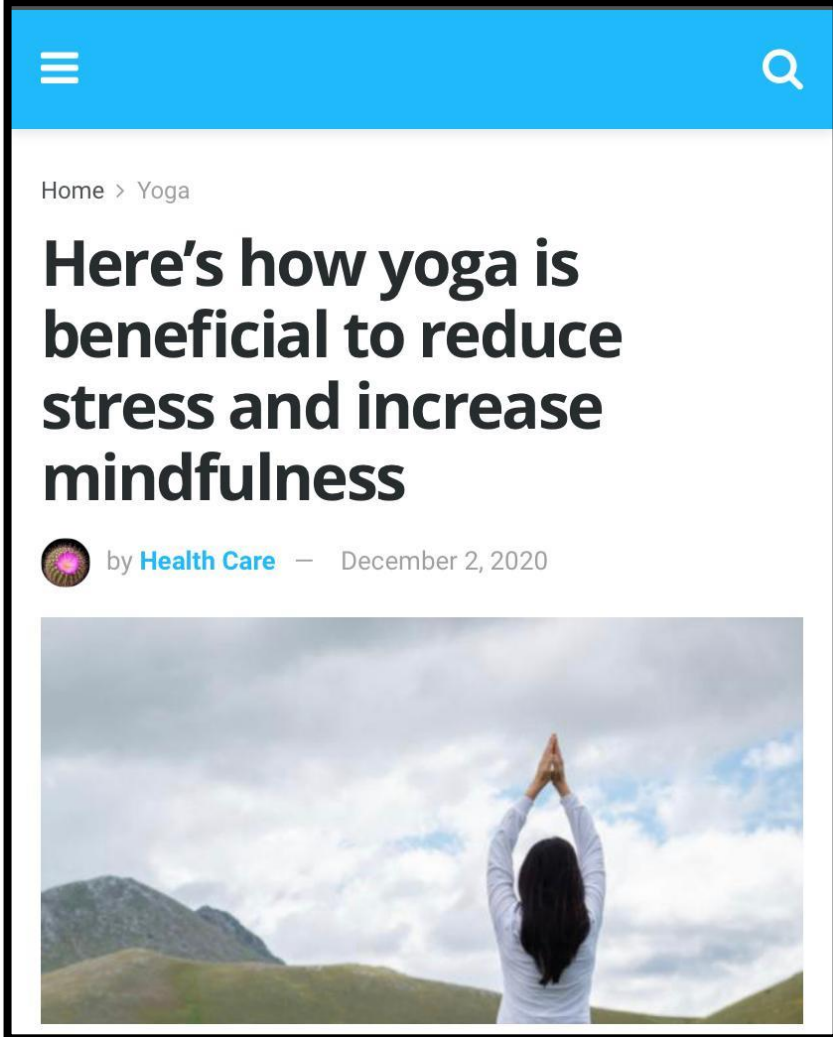
Written By **Deblina Chatterjee** | 232905 reads | Mumbai |
Updated: December 2, 2020 01:34 pm



Here's how yoga is beneficial to reduce stress and

HEALTH CARE


<https://silvershielding.com/index.php/2020/12/02/heres-how-yoga-is-beneficial-to-reduce-stress-and-increase-mindfulness/>



Home > Yoga

Here's how yoga is beneficial to reduce stress and increase mindfulness

by **Health Care** — December 2, 2020



PINKVILLA

<https://www.pinkvilla.com/lifestyle/health-fitness/4-yoga-asanas-take-care-your-knees-and-relieve-joint-pain-old-age-579206>


☰ PINKVILLA 👤

Home / Lifestyle

4 Yoga asanas to take care of your knees and relieve joint pain in old age

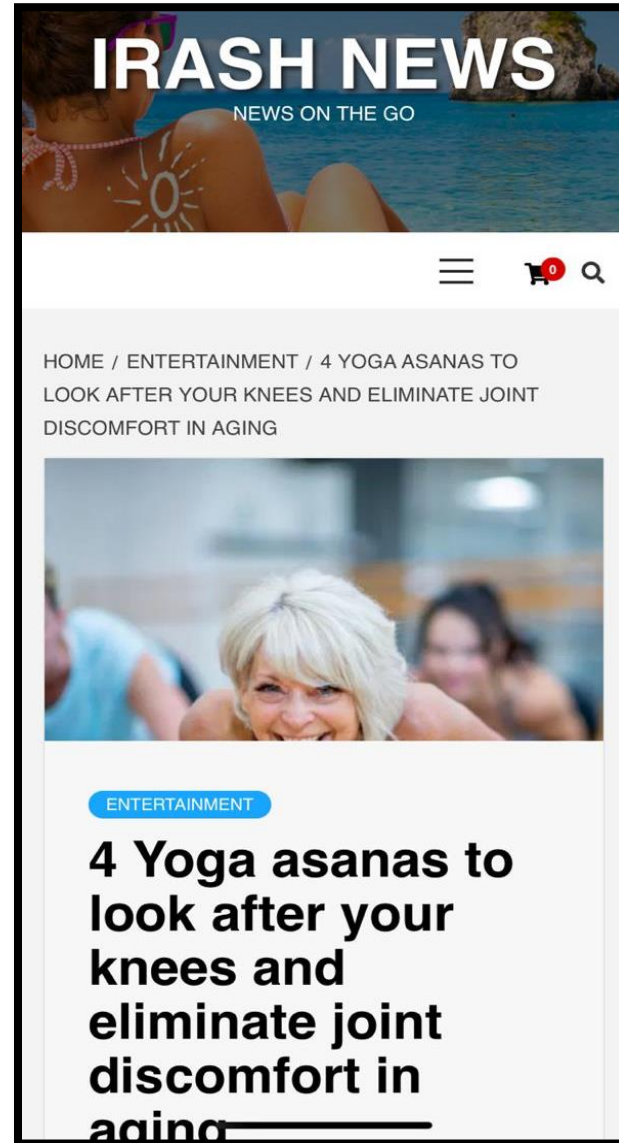
Knees problems and joint pain are the most common issues in old age. So, Grand Master Akshar is here to help us with some yoga postures to improve knee condition and reduce joint pain in old age.

Written By **Deblina Chatterjee** | 288054 reads | Mumbai |
Updated: December 3, 2020 12:29 pm



IRASH NEWS

<https://irashnews.com/4-yoga-asanas-to-take-care-of-your-knees-and-relieve-joint-pain-in-old-age/>





<https://www.msn.com/en-in/lifestyle/topstories/grand-master-akshar-shares-2-minute-meditation-tips-to-reduce-your-nicotine-craving/amp/ar-BB1bBwny>

Microsoft News

Best Protein Powders →

Ad Topic for You

PINKVILLA

Grand Master Akshar shares 2 minute meditation tips to reduce your nicotine craving

Deblina Chatterjee 03-12-2020

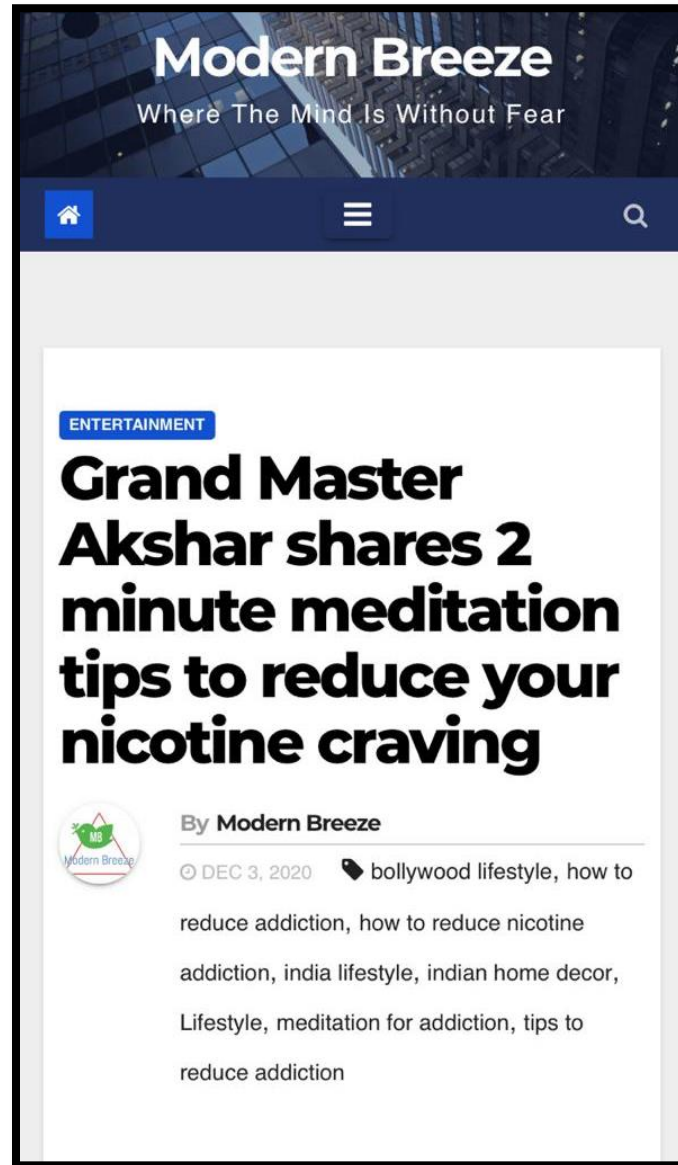
[in](#) [f](#) [t](#) [w](#) [e](#)

Addictions can take many forms, be it alcohol, nicotine, tobacco, sugar, caffeine, etc. They can take over your life and wreak havoc on your health if you are not careful. But yoga and meditation are powerful ways to help you make significant changes in your lifestyle.

The ancient and holistic tool of yoga can help you to control your cravings for nicotine naturally. You can perform a simple meditation called Aarambh Dhyam which is also known as Seed Meditation. At the time when you most experience your cravings, you can perform this technique for 2 minutes.

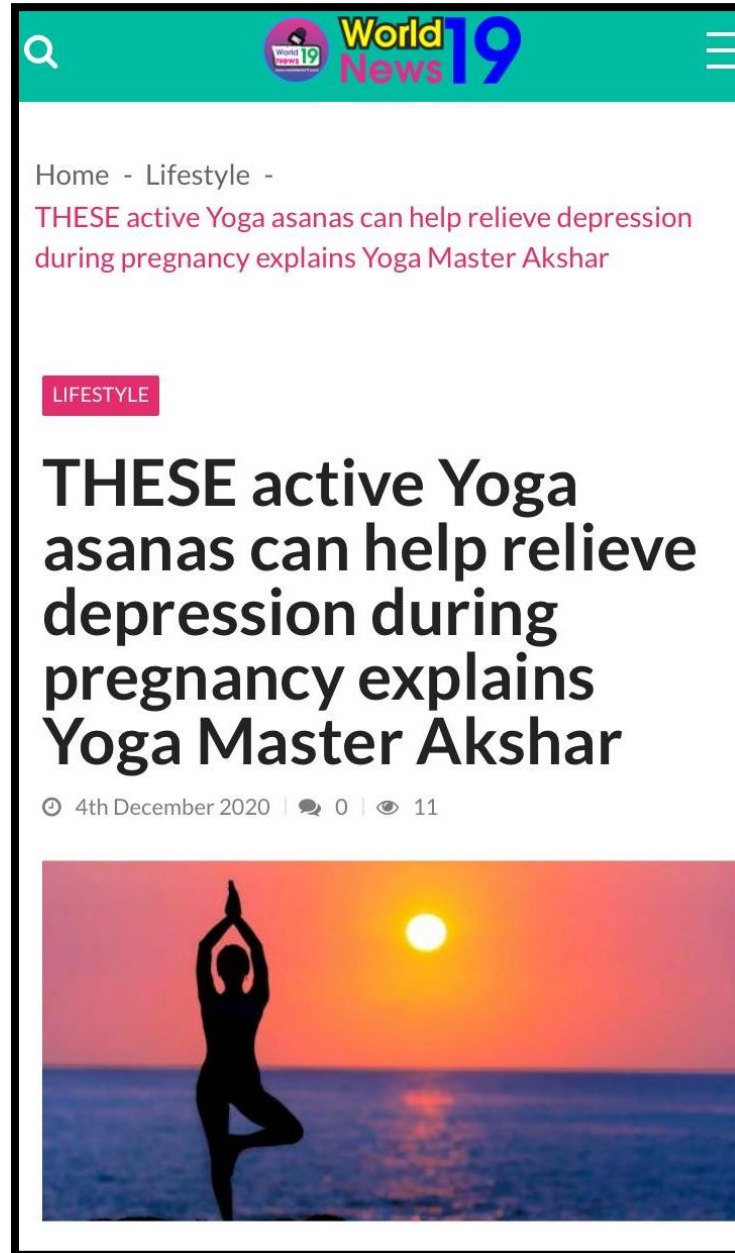
Modern Breeze

<https://modernbreeze.in/grand-master-akshar-shares-2-minute-meditation-tips-to-reduce-your-nicotine-craving/>





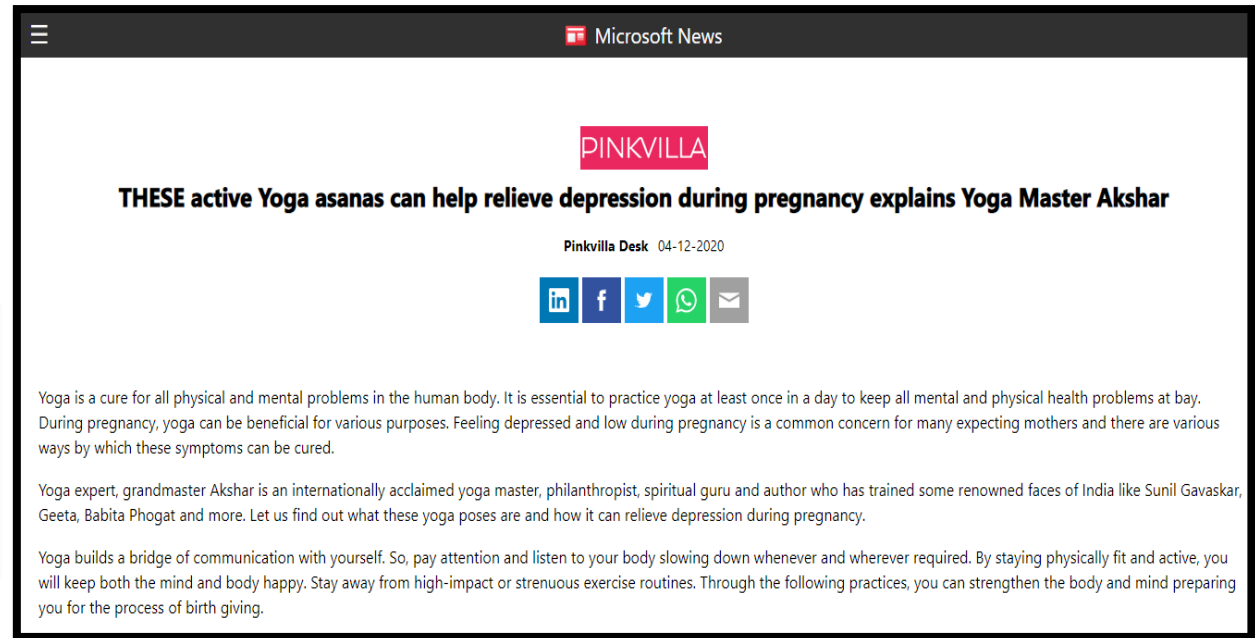
https://worldnews19.com/these-active-yoga-asanas-can-help-relieve-depression-during-pregnancy-explains-yoga-master-akshar/?feed_id=85106&unique_id=5fca01c37bd96



The screenshot shows a mobile web page from World News 19. At the top, there is a teal header with a search icon, the World News 19 logo, and a menu icon. Below the header, the breadcrumb "Home - Lifestyle -" is visible. The main headline reads "THESE active Yoga asanas can help relieve depression during pregnancy explains Yoga Master Akshar". A pink "LIFESTYLE" tag is positioned above the headline. The article title is "THESE active Yoga asanas can help relieve depression during pregnancy explains Yoga Master Akshar". Below the title, the date "4th December 2020" and engagement metrics "0" comments and "11" views are shown. The main image is a silhouette of a person in a yoga pose (Tree Pose) against a sunset background over the ocean.



<https://www.msn.com/en-in/lifestyle/topstories/these-active-yoga-asanas-can-help-relieve-depression-during-pregnancy-explains-yoga-master-akshar/amp/ar-BB1bCWv8>



Microsoft News

PINKVILLA

THESE active Yoga asanas can help relieve depression during pregnancy explains Yoga Master Akshar

Pinkvilla Desk 04-12-2020



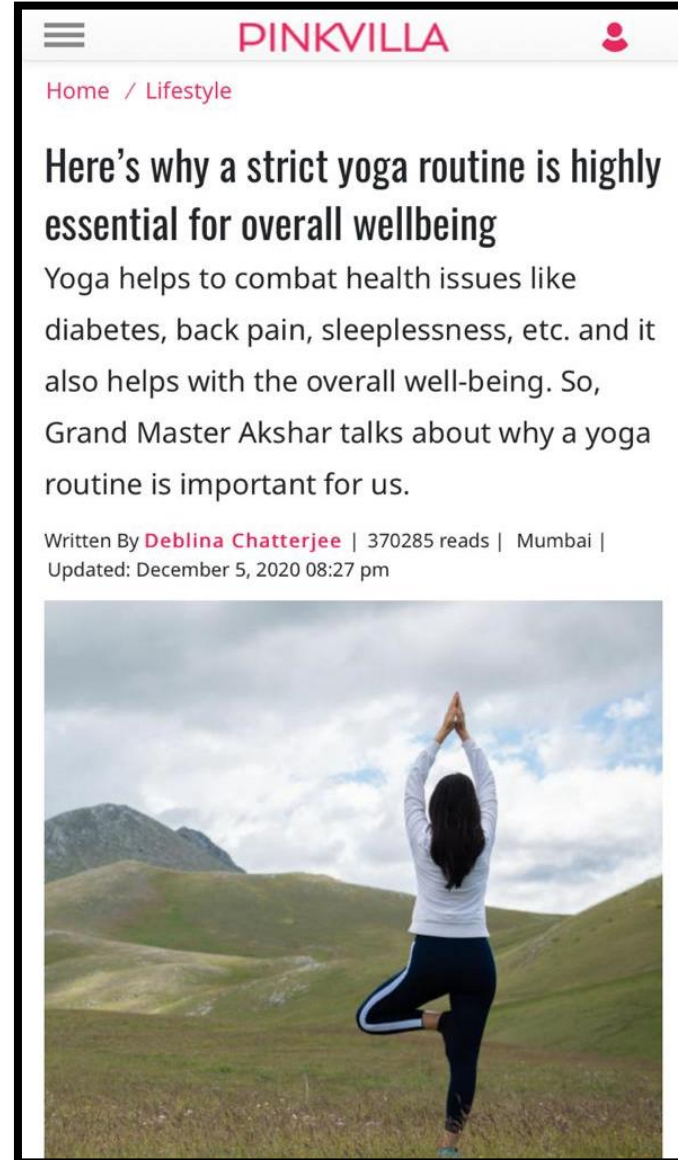
Yoga is a cure for all physical and mental problems in the human body. It is essential to practice yoga at least once in a day to keep all mental and physical health problems at bay. During pregnancy, yoga can be beneficial for various purposes. Feeling depressed and low during pregnancy is a common concern for many expecting mothers and there are various ways by which these symptoms can be cured.

Yoga expert, grandmaster Akshar is an internationally acclaimed yoga master, philanthropist, spiritual guru and author who has trained some renowned faces of India like Sunil Gavaskar, Geeta, Babita Phogat and more. Let us find out what these yoga poses are and how it can relieve depression during pregnancy.

Yoga builds a bridge of communication with yourself. So, pay attention and listen to your body slowing down whenever and wherever required. By staying physically fit and active, you will keep both the mind and body happy. Stay away from high-impact or strenuous exercise routines. Through the following practices, you can strengthen the body and mind preparing you for the process of birth giving.

PINKVILLA


<https://www.pinkvilla.com/lifestyle/health-fitness/here-s-why-strict-yoga-routine-highly-essential-overall-wellbeing-580044>



The screenshot shows a mobile app interface for Pinkvilla. At the top, there is a hamburger menu icon, the word 'PINKVILLA' in pink, and a profile icon. Below the header, the breadcrumb 'Home / Lifestyle' is visible. The main content area features a large, bold title: 'Here's why a strict yoga routine is highly essential for overall wellbeing'. Underneath the title is a paragraph of text: 'Yoga helps to combat health issues like diabetes, back pain, sleeplessness, etc. and it also helps with the overall well-being. So, Grand Master Akshar talks about why a yoga routine is important for us.' Below the text, there is a line of metadata: 'Written By Deblina Chatterjee | 370285 reads | Mumbai | Updated: December 5, 2020 08:27 pm'. At the bottom of the article preview is a photograph of a woman in a white long-sleeved shirt and dark blue leggings performing a yoga pose (Vrikshasana) on a grassy hill. She has her hands raised in a prayer position above her head. The background shows rolling green hills under a cloudy sky.

PINKVILLA


<https://www.pinkvilla.com/lifestyle/people/these-active-yoga-asanas-can-help-relieve-depression-during-pregnancy-explains-yoga-master-akshar-579846>



THESE active Yoga asanas can help relieve depression during pregnancy explains Yoga Master Akshar

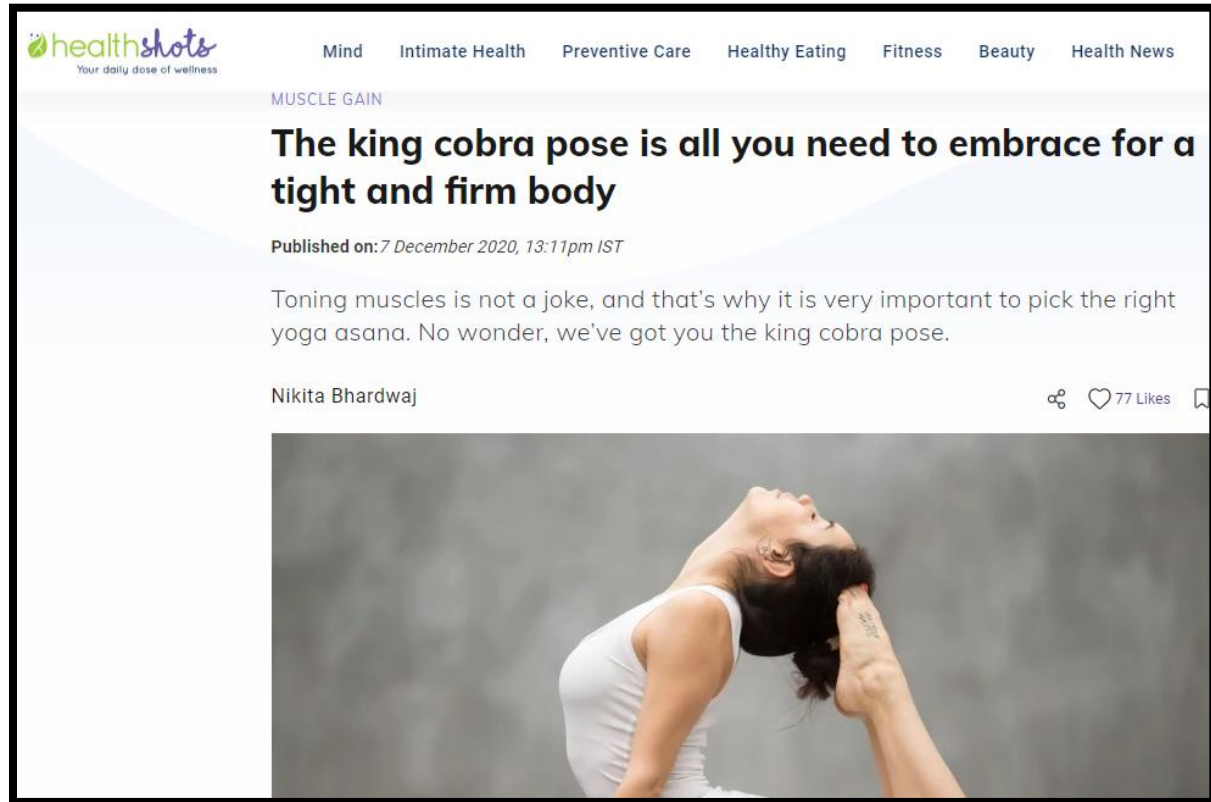
Staying active during pregnancy can be a sign of relieving depression symptoms. Check out these active yoga poses shared by Yoga expert, grandmaster Akshar to help relieve symptoms of depression while pregnant. Check it out.

Written By **Pinkvilla Desk** | 195975 reads | Mumbai | Updated: December 5, 2020 05:15 am





<https://www.healthshots.com/fitness/muscle-gain/the-king-cobra-pose-is-all-you-need-to-embrace-for-a-tight-and-firm-body/>



The screenshot shows a webpage from healthshots.com. At the top, there is a navigation menu with categories: Mind, Intimate Health, Preventive Care, Healthy Eating, Fitness, Beauty, and Health News. The article is categorized under 'MUSCLE GAIN'. The title is 'The king cobra pose is all you need to embrace for a tight and firm body'. It was published on 7 December 2020 at 13:11pm IST. The author is Nikita Bhardwaj. The article text states: 'Toning muscles is not a joke, and that's why it is very important to pick the right yoga asana. No wonder, we've got you the king cobra pose.' There are 77 likes on the article. Below the text is a photograph of a woman in a white tank top performing the King Cobra pose (Bhujangasana), with her head tilted back and hands on the floor.

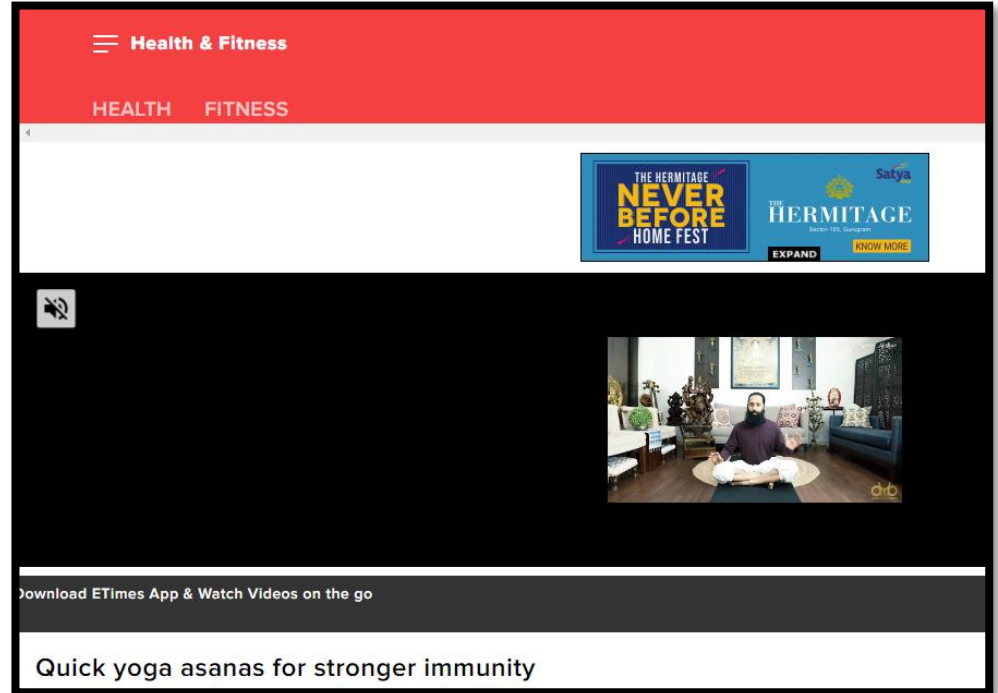


https://m.facebook.com/story.php?story_fbid=3040252512744019&id=126876904081609

The image shows a Facebook post from ETimes Lifestyle. The post includes a video thumbnail with the text "5 QUICK YOGA ASANAS FOR STRONGER IMMUNITY". The video shows a man performing five different yoga asanas: 1. Padmasana (Lotus Pose), 2. Bhujangasana (Cobra Pose), 3. Bhujangasana (Cobra Pose), 4. Bhujangasana (Cobra Pose), and 5. Bhujangasana (Cobra Pose). The video is set in a living room with a sofa and a rug.

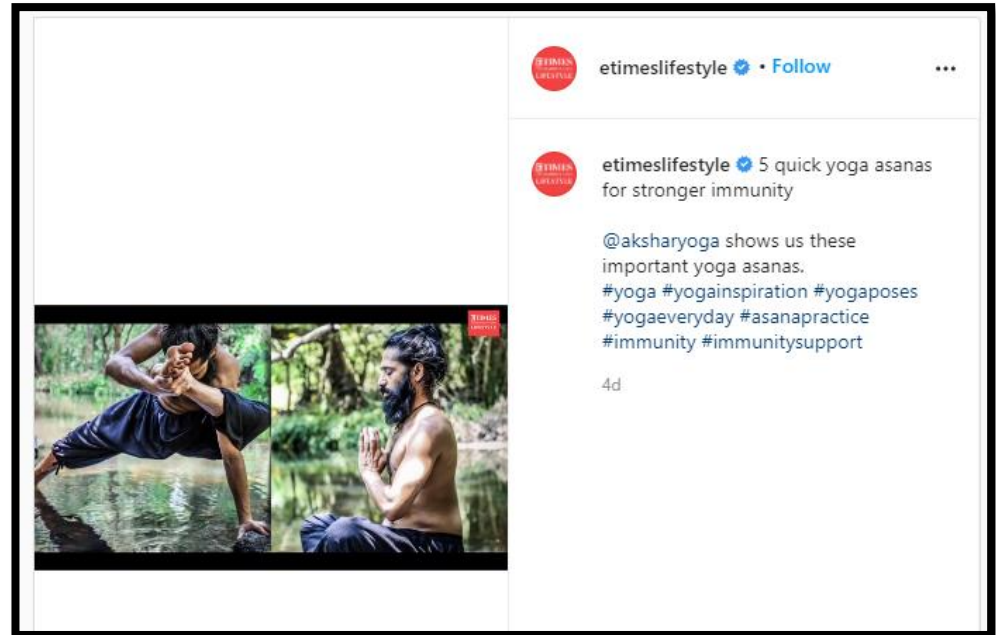


<https://m.timesofindia.com/videos/lifestyle/health-fitness/quick-yoga-asanas-for-stronger-immunity/videoshow/79682658.cms>





<https://www.instagram.com/tv/ClkErLKhU1M/?igshid=12ulgcsi6qw74>



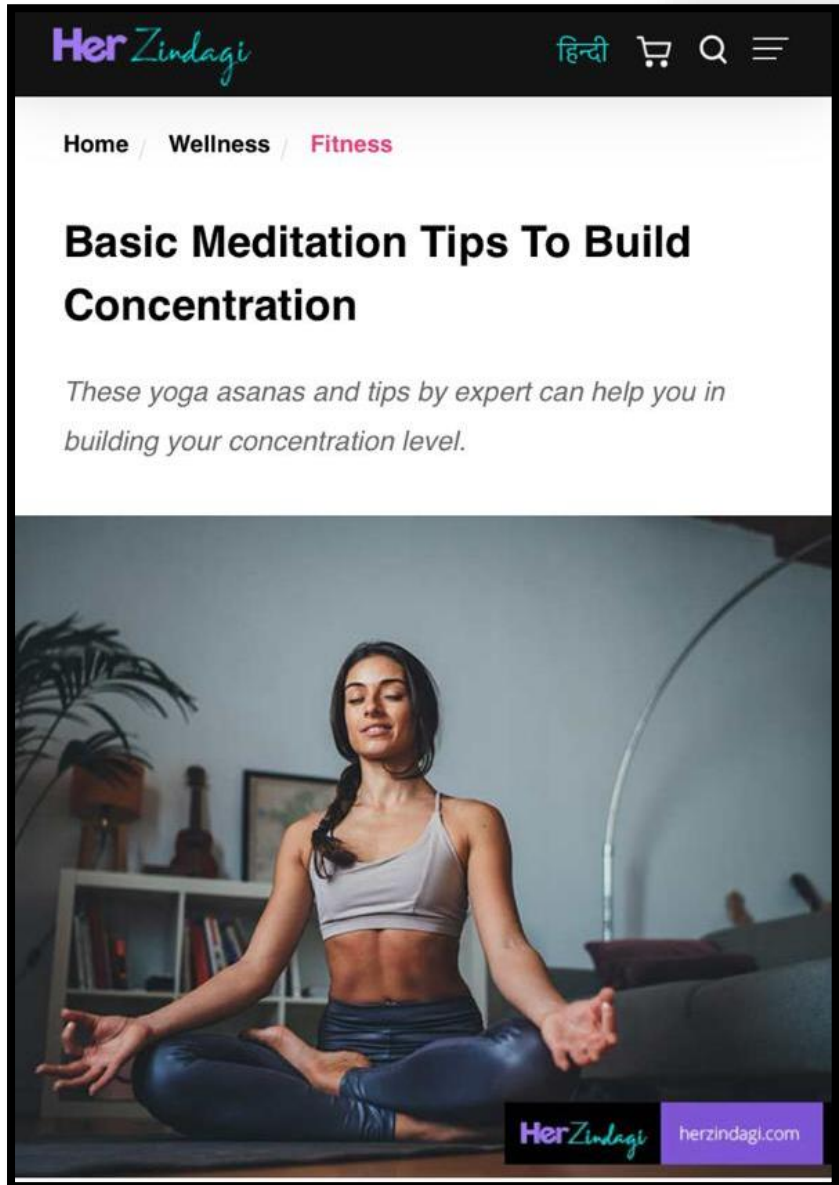


https://m.facebook.com/story.php?story_fbid=10159327649677139&id=26781952138

A screenshot of a Facebook post from 'The Times of India'. The post includes the TOI logo, the name 'The Times of India', a verified checkmark, and the timestamp '8 दिसंबर को 4:16 शाम बजे'. The main text of the post reads 'Doing Yoga for immunity? Here's all you need to know!'. Below the text is a video thumbnail with a dark red background and white text that says '5 QUICK YOGA ASANAS FOR STRONGER IMMUNITY'. The thumbnail also features a play button icon and several small images showing a man performing various yoga asanas in a living room setting. A 'TIMES LIFESTYLE' logo is visible in the top right corner of the video thumbnail.

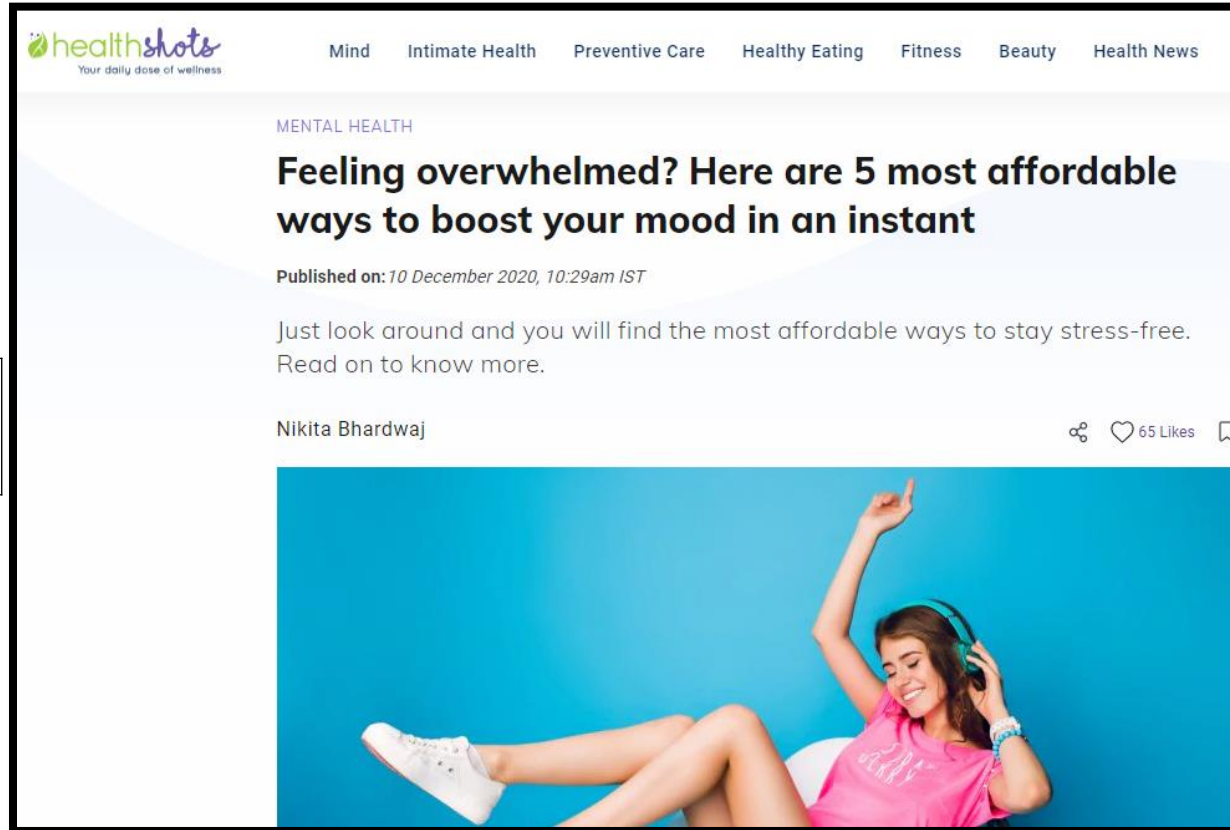


<https://www.herzindagi.com/fitness/meditation-tips-concentration-expert-yoga-asanas-discipline-article-167767>





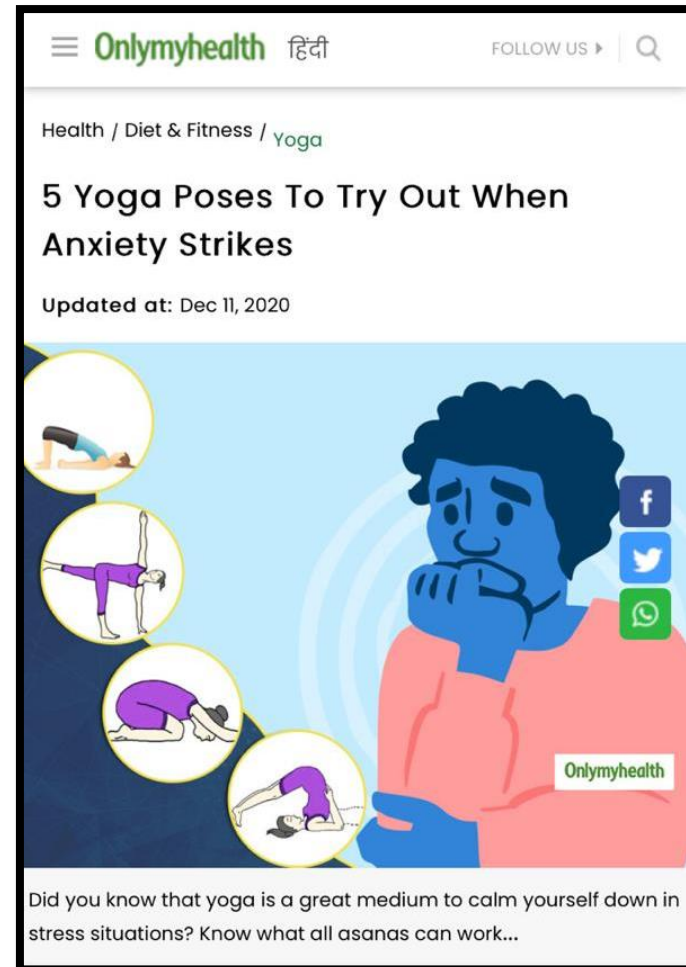
<https://www.healthshots.com/mind/mental-health/5-most-affordable-stress-relieving-therapies/>



The screenshot shows a webpage from healthshots.com. At the top, there is a navigation menu with categories: Mind, Intimate Health, Preventive Care, Healthy Eating, Fitness, Beauty, and Health News. The article is categorized under 'MENTAL HEALTH'. The main title is 'Feeling overwhelmed? Here are 5 most affordable ways to boost your mood in an instant'. Below the title, it says 'Published on: 10 December 2020, 10:29am IST'. The introductory text reads: 'Just look around and you will find the most affordable ways to stay stress-free. Read on to know more.' The author's name, Nikita Bhardwaj, is listed. To the right of the author's name, there are social media icons for share, like (65 Likes), and a bookmark icon. Below the text is a large image of a young woman with long dark hair, wearing a pink t-shirt and white sneakers, sitting on a white cushion and listening to music on headphones. She has one arm raised in the air, pointing upwards. The background of the image is a solid bright blue.



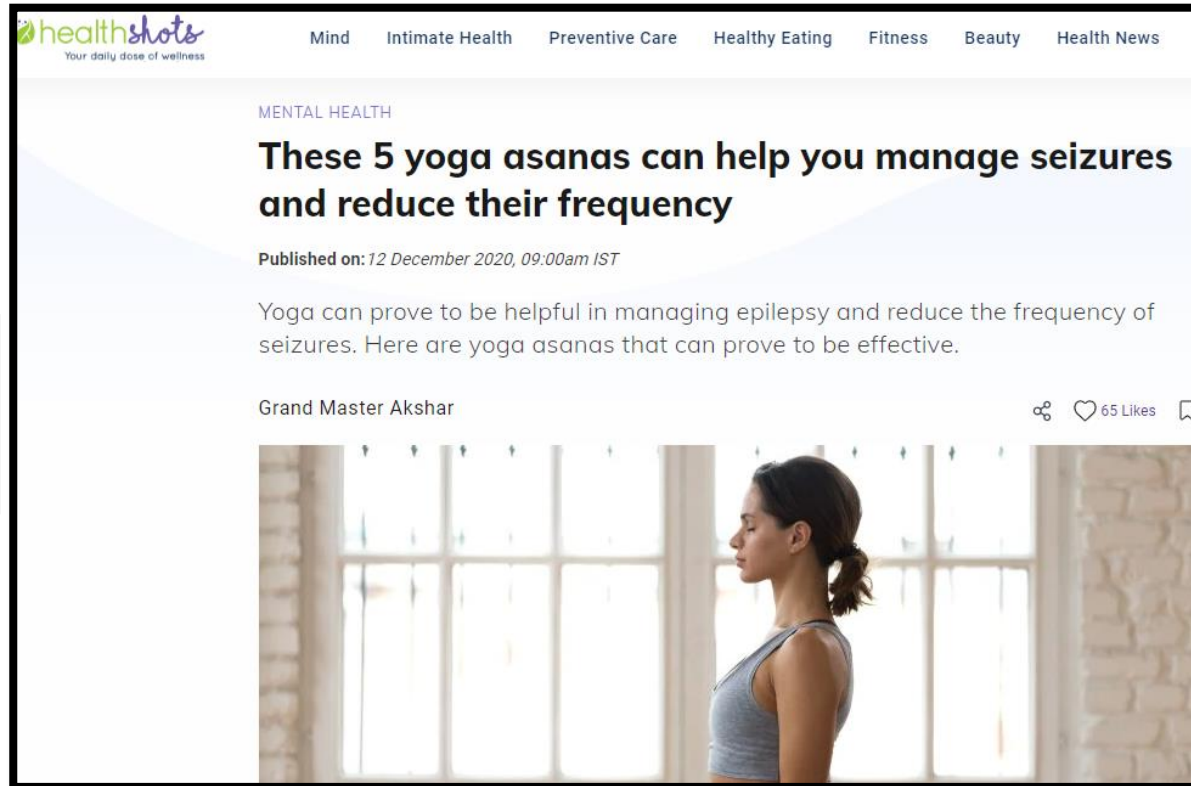
<https://www.onlymyhealth.com/5-yoga-poses-to-try-out-when-anxiety-strikes-1607666903>



The screenshot shows a mobile web page from Onlymyhealth. At the top, there is a navigation bar with the Onlymyhealth logo, the word 'हिंदी' (Hindi), and a 'FOLLOW US' button with social media icons. Below the navigation bar, the article title '5 Yoga Poses To Try Out When Anxiety Strikes' is displayed in a large, bold font. Underneath the title, it says 'Updated at: Dec 11, 2020'. The main content area features a large illustration of a person with curly hair, looking thoughtful with their hand on their chin. To the left of the person are four circular icons, each showing a different yoga pose: a person in a downward dog pose, a person in a standing balance pose, a person in a seated forward bend, and a person in a reclining butterfly pose. To the right of the person are social media sharing icons for Facebook, Twitter, and WhatsApp. At the bottom of the article, there is a short paragraph: 'Did you know that yoga is a great medium to calm yourself down in stress situations? Know what all asanas can work...'



<https://www.healthshots.com/mind/mental-health/these-5-yoga-asanas-can-help-you-manage-seizures-and-reduce-their-frequency/>



The screenshot shows a webpage from healthshots.com. At the top, there is a navigation menu with categories: Mind, Intimate Health, Preventive Care, Healthy Eating, Fitness, Beauty, and Health News. The article is categorized under 'MENTAL HEALTH'. The main title is 'These 5 yoga asanas can help you manage seizures and reduce their frequency'. Below the title, it says 'Published on: 12 December 2020, 09:00am IST'. The introductory text reads: 'Yoga can prove to be helpful in managing epilepsy and reduce the frequency of seizures. Here are yoga asanas that can prove to be effective.' The author is listed as 'Grand Master Akshar'. There are social media icons for sharing and a '65 Likes' indicator. At the bottom of the article preview, there is a photograph of a woman in a grey tank top standing in profile, looking out a window.

Thank You